Mindful Eating Daily Journal

MEAL		TIME	
WHY?	WHAT I ATE?	HOW I FEEL?	
☐ HUNGRY ☐ SAD ☐ BORED ☐ STRESSED ☐ PLANNED ☐ SOCIAL			
	-	HUNGER BEFORE 1 🗆 2 🗆 3 🗆 4 🗆 5 🗆 HUNGER AFTER 1 🗆 2 🗆 3 🗆 4 🗆 5 🗆	
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S O C I A L	_	HUNGER BEFORE 1 2 3 4 5 HUNGER AFTER 1 2 3 4 5 5	