

Mindful Eating Daily Journal

MEAL		TIME
WHY? <input type="checkbox"/> HUNGRY <input type="checkbox"/> SAD <input type="checkbox"/> BORED <input type="checkbox"/> STRESSED <input type="checkbox"/> PLANNED <input type="checkbox"/> SOCIAL <input type="checkbox"/> _____	WHAT I ATE?	HOW I FEEL? HUNGER BEFORE 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> HUNGER AFTER 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>
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