**Food Journal**

**Note:** I am so excited to be working with you-the first step is for you to fill out this food journal. Be as specific as possible. Food Journaling can be an emotional aspect for many people. Take your time with this to reflect. The more detail you can provide for me, the more information I can give back to you.

Provide the food journal with at least one weekend day.

**Day One**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| What you ate/drank | What time you ate | Where | Length of time | feelings |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Day 2**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| What you ate/drank | What time you ate | Where | Length of time | feelings |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Day 3**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| What you ate/drank | What time you ate | Where | Length of time | feelings |
|  |  |  |  |  |
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|  |  |  |  |  |
|  |  |  |  |  |

**Day 4**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| What you ate/drank | What time you ate | Where | Length of time | feelings |
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|  |  |  |  |  |
|  |  |  |  |  |

**Day 5**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| What you ate/drank | What time you ate | Where | Length of time | feelings |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |