

Daily **FOOD** Journal

Week of: \_\_\_\_\_

	Hour	Food and/or beverage	Hungry	Not hungry	Eat as needed	Eat on principle	Eat from habit	Eat out of emotion	Eat out of gourmandise	Eat for a reward	Eat out of laziness	Link
Day 1: _____												
Day 2: _____												
Day 3: _____												

*Thank you, my body, for what you have helped me discover today.  
I know myself a little better each day and I accept myself as I am.*

	Hour	Food and/or beverage									Link
			Hungry	Not hungry	As needed	Principle	Habit	Emotion	Gourmandise	Reward	
Day 4: _____											
Day 5: _____											
Day 6: _____											
Day 7: _____											

*Thank you, my body, for what you have helped me discover today.  
I know myself a little better each day and I accept myself as I am.*