

# Daily **FOOD** Journal

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

	Hour	Food and/or beverage									Link
			Hungry	Not hungry	Eat as needed	Eat on principle	Eat from habit	Eat out of emotion	Eat out of gourmandise	Eat for a reward	
Jour 1 : _____											
Jour 2 : _____											
Jour 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	Hungry	Not hungry	As needed	Principle	Habit	Emotion	Gourmandise	Reward	Laziness	Link
Jour 4 : _____												
Jour 5 : _____												
Jour 6 : _____												
Jour 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.*