**Exercise: Start a Food Journal**

In column 1 of the chart below write down everything you eat in a day.

In column 2, circle or highlight the reason you ate.

In column 3, circle or write down the reason you chose the food you did.

In the last column, circle or highlight how you felt after eating.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **What I ate today** | **Why I ate** | **Why I chose what I did** | **How I felt afterwards** |
|  | Breakfast (including beverages): | I forced myself to  I was hungry  I had a craving  It was for comfort    I was bored  I was stressed  Other: | I planned well  It was all that was available  Someone cooked for me  I’m not sure why (autopilot)  Habit  It was a social event | Happy and satisfied  Unsatisfied  Still hungry  Still bored  Stressed  Lonely  Emotional  Overly full  Guilty |
| Lunch (including beverages): | I forced myself to  I was hungry  I had a craving  It was for comfort    I was bored  I was stressed  Other: | I planned well  It was all that was available  Someone cooked for me  I’m not sure why (autopilot)  Habit  It was a social event  Other: | Happy and satisfied  Unsatisfied  Still hungry  Still bored  Stressed  Lonely  Emotional  Overly full  Guilty  Other: |
| Dinner (including beverages): | I forced myself to  I was hungry  I had a craving  It was for comfort    I was bored  I was stressed  Other: | I planned well  It was all that was available  Someone cooked for me  I’m not sure why (autopilot)  Habit  It was a social event  Other: | Happy and satisfied  Unsatisfied  Still hungry  Still bored  Stressed  Lonely  Emotional  Overly full  Guilty  Other: |
| Snacks:  (Including all beverages) | I forced myself to  I was hungry  I had a craving  It was for comfort    I was bored  I was stressed  Other: | I planned well  It was all that was available  Someone cooked for me  I’m not sure why (autopilot)  Habit  It was a social event  Other: | Happy and satisfied  Unsatisfied  Still hungry  Still bored  Stressed  Lonely  Emotional  Overly full  Guilty  Other: |

This exercise will give you insight into the behavioral patterns you have with food.

Take note specifically of why you’re eating, then determine what you need to do to make changes if needed.

If you feel physically or emotionally unwell after eating, use that as motivation to make necessary changes to your diet.