**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 toI was hungryI had a cravingIt was for comfort I was boredI was stressedOther: | I planned wellIt was all that was availableSomeone cooked for meI’m not sure why (autopilot)HabitIt was a social event | Happy and satisfiedUnsatisfiedStill hungryStill boredStressed LonelyEmotional Overly fullGuilty |
| Lunch (including beverages): | I forced myself toI was hungryI had a cravingIt was for comfort I was boredI was stressedOther: | I planned wellIt was all that was availableSomeone cooked for meI’m not sure why (autopilot)HabitIt was a social eventOther: | Happy and satisfiedUnsatisfiedStill hungryStill boredStressed LonelyEmotional Overly fullGuiltyOther:  |
| Dinner (including beverages):  | I forced myself toI was hungryI had a cravingIt was for comfort I was boredI was stressedOther: | I planned wellIt was all that was availableSomeone cooked for meI’m not sure why (autopilot)HabitIt was a social eventOther: | Happy and satisfiedUnsatisfiedStill hungryStill boredStressed LonelyEmotional Overly fullGuiltyOther:  |
| Snacks:(Including all beverages) | I forced myself toI was hungryI had a cravingIt was for comfort I was boredI was stressedOther: | I planned wellIt was all that was availableSomeone cooked for meI’m not sure why (autopilot)HabitIt was a social eventOther: | Happy and satisfiedUnsatisfiedStill hungryStill boredStressed LonelyEmotional Overly fullGuiltyOther:  |

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.