Emotional Eating Food Log

Da te	Tim e	How hungry were you before you ate? (1-6)	What did you eat?	Why did you eat? We re you truly hungry or we re you stressed or bored?	How did you eat? Did you eat quic kly without paying attention to what you ate ordid you eat mindfully?	How full were you after you ate? (1-6)	How did you feel afteryou ate?