Emotional Eating Food Log

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **How full were you after you ate?**  **(1-6)** | **How did you eat?**  Did you eat quickly without paying attention to what you ate or did you eat mindfully? | **Why did you eat?**  Were you truly hungry or were you stressed or bored? | **What did you eat?** | **How hungry were you before you ate?**  **(1-6)** | **Time** | **Date** |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |