Emotional Eating Food Log

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| **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** |
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