



Emotional Eating Journal

Please fill out this journal as per instructions from your practitioner.

Date: _____ **Please circle day:** Mon Tues Wed Thurs Fri Sat
Sun

Water Consumption (1 glass or 250ml): ☐☐ ☐☐ ☐☐ ☐☐ ☐☐ ☐☐ ☐☐

Please record ALL food and drinks consumed over the 24 hour period. The more honest you are with yourself the more you will get out of this process. There is no wrong or right answer.

Time	Place	Food or drink eaten	How much	Mood before	Mood after

Mood descriptors: tired, exhausted, bored, busy, stressed, depressed, angry, sad, frustrated, overwhelmed, anxious, panicked, lonely, jealous, happy, thrilled, excited, celebrating, content, hungry, peckish...

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What I learnt from today: Were there particular times, places, situations or moods that triggered unhelpful eating behaviours today?

Questions for your practitioner: Write down any questions you have to discuss at your next appointment.p