

# Food Awareness 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 | Reasons for Eating? |
|------|-------|---------------------|----------|---------------------|
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**Reasons for eating:** social occasion, celebration, boredom, hungry, eating out, at the shops, with a friend, morning/afternoon tea, family meal, no other options, unorganised, tired, emotional...

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

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

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