

Mindful Eating Log - Documentation of what was eaten the day before each meeting.

Date: _____ WK# _____ Name: _____ Weight: _____

Time of Mini meal	What food I ate	Amount I ate or approximate portion size	Feelings each 1point: Happy=H Calm=C Sad/depressed=SD Bored=B Stressed=S Angry=A Anxious/worried=AW Tired=T	Rate physical hunger 1-10	Rate self how did I do? 1-10	Who did I eat with	Where did I eat
Wake up Breakfast							
TIME:							
Mini Meal #2							
TIME:							

Mini Meal #3							
TIME:							
Mini Meal #4							
TIME:							
Mini Meal #5							
TIME:							
Mini Meal #6							
TIME:							

	AMOUNT OF FLUID	TYPE OF FLUID
Fluid Intake in ounces		
Caffeinated Beverages in ounces		
	DURATION OF EXERCISE	TYPE OF EXERCISE
Physical Activity		
Protein Grams consumed		

Positive feelings points while eating/Negative feelings points while eating

Total your points earned from the feelings category of the food log above for the day here.	POSITIVE	NEGATIVE
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