



DAILY EMOTIONAL EATING LOG

DATE: / / **TIME OF DAY:** **AM** **PM**

URGE CAME ON: (Gradually) 1 ---- 2 ---- 3 ---- 4 ---- 5 (Suddenly)
URGE LEVEL: (Minimal) 1 ---- 2 ---- 3 ---- 4 ---- 5 (Uncontrollable)
PHYSICAL HUNGER LEVEL: (Not Hungry) 1 ---- 2 ---- 3 ---- 4 ---- 5 (You'd eat almost anything)
SPECIFIC FOOD CRAVED:
SPECIFIC FLAVOR DESIRED: Sweet ---- Salty ---- Bitter ---- Sour
ENVIRONMENT: Work ---- Home ---- Other
WHAT WERE YOU DOING IMMEDIATELY BEFORE YOUR URGE?

MOOD: Depressed/Lonely - Upset/Angry - Anxious/Stressed - Bored - Tired - Excited - Other

IS THERE A FEELING YOU'RE TRYING TO AVOID OR SOMETHING YOU'RE PUTTING OFF THAT'S CAUSING YOU TO WANT TO EAT?

DID YOU EAT? Yes, I allowed my craving to take control.
 No, I stayed strong and did not succumb to my emotion.

IF YOU ATE

HOW MANY MINUTES DID YOU WAIT BEFORE EATING?
Less than 5 minutes ---- 5 to 10 minutes ---- 10+ minutes
IDENTIFY THE TRIGGER & THE EXCUSE: Begin with "I ate because..."

WHAT TYPE OF FOOD DID YOU EAT?
HOW MUCH DID YOU EAT?
WHAT WERE YOU DOING WHILE YOU ATE?
LEVEL OF MENTAL PRESENCE & MINDFULNESS WHILE EATING?
(Not Present) 1 ---- 2 ---- 3 ---- 4 ---- 5 (Present)
SATIETY AFTER EATING: (Unsatisfied) 1 ---- 2 ---- 3 ---- 4 ---- 5 (Satisfied)
FEELING AFTER EATING: Shame ---- Guilt ---- Regret ---- Contentment
WHAT, IF ANY, ALTERNATIVES TO EATING DID YOU TRY?

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