



Mindful Eating

JOURNAL

FIT, 50 AND FABULOUS

MINDFUL EATING JOURNAL

Despite the way it feels, overeating isn't a spur-of-the-moment decision. The groundwork is laid well beforehand, whether it comes from regular habits, a series of emotional and stressful events, or automatic thinking.

Using a **Mindful Eating Journal** to capture when you eat, how you felt, who you were with can help you identify analyze patterns so you can develop strategies to deal with the situations more effectively - and without food.

Complete this workbook every time you have an episode of overeating. Be honest and thorough. Describe in as much detail as you can what you were experiencing, or remember experiencing at each stage. If you regularly think certain thoughts such as "This will make me feel better", or "I am a failure" at any stage, acknowledge them. By doing so, you can develop strategies to respond to those thoughts before they turn into an overeating event.

The last page of this **Mindful Eating Journal** is **Notes to Myself**. Use this page give yourself some love and rewrite any negative self-talk. Talk to yourself as if you were talking to a best friend or loved one.

Give yourself some grace throughout this process. There is no judgement!

One to Two Hours Beforehand

What are you doing?

What are you thinking?

What are you feeling emotionally?

What are you feeling physically?

Where are you?

What time is it?

Who is with you?

Immediately Beforehand

What are you doing?

What are you thinking?

What are you feeling emotionally?

What are you feeling physically?

Where are you?

What time is it?

Who is with you?

In the Middle of It

What are you doing?

What are you thinking?

What are you feeling emotionally?

What are you feeling physically?

Where are you?

What time is it?

Who is with you?

Afterwards

What are you doing?

What are you thinking?

What are you feeling emotionally?

What are you feeling physically?

Where are you?

What time is it?

Who is with you?

Notes to Myself

