

# Mindful Eating Journal



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## How To Use This Journal

Make as many copies of the pages that follow as you need in order to document your experiences for seven (7) consecutive days. You can also copy the questions into your own notebook or journal that you can carry with you.

Every time you eat or drink anything, take a picture of it (if you can) and answer all of the questions. This includes meals, snacks (even those little candies you grabbed off someone else's desk while you were talking to them) and beverages (bottles of water, cans of soda, cups of tea and coffee, etc.). Be as detailed as possible. The more deeply you consider your answers to each question, the more effective this exercise will be.

At the end of the seven days, review everything you've written. Look for patterns such as:

- what you eat when you're experiencing certain emotions
- emotions you experience as you eat
- thoughts and judgments of yourself as you eat
- your ability to focus on what you're eating

- whether you eat everything on your plate or leave some
- anything else that stands out for you.

Notice these patterns going forward. See if you can understand the underlying needs for these patterns.

If you want to change them, follow the steps to changing your habits in the Mindful Body Workbook.

As you write about your eating experiences in this journal, it may seem like we're over-analyzing things. You may think it's not worth the effort to think about and answer all the questions if you're just grabbing a snack or a quick bite. The point of this journal is to become mindful of everything we eat, *especially* that snack or quite bite.

If you've had a hard time controlling your weight or managing any dis-ease, this journal will open your eyes to the little, meaningful things you might have missed in the past.

With practice, being mindful of what you eat and drink will become second nature to you.



## Mindful Eating Journal

Date/time			
What am I eating & drinking?			
What am I doing while I'm eating?			
Am I sitting or standing?			
How do I feel physically?			
How do I feel emotionally?			
How will I feel (physically and emotionally) in one hour if I eat all this now?			
How will I feel tomorrow if I eat this now?			
I choose to eat this now because ....			
Is what I'm consuming good for me? How do I feel about the answer?			



## Mindful Eating Journal

*After eating, answer the following:*

Describe the tastes, aromas, textures, appearance of your food.			
How did this affect my stress level?			
Am I judging myself as good or bad by making the choices I'm making?			
How do those judgments affect me and my choices?			
How much water did I drink?			

