

Daily Food Journal

How to Use This Food Journal:

- Write down everything you eat and drink each day.
- Note the time to recognize patterns in your eating habits.
- Track your hunger level before eating (1 = not hungry, 5 = starving).
- Reflect on why you ate - was it hunger, boredom, stress, or a craving?
- Write how you felt afterward - energized, sluggish, satisfied, etc.
- At the end of the day, review your choices and set an intention for tomorrow.

Time	Food & Drink	Hunger (1-5)	Why Did I Eat?	How Did I Feel After?

Daily Reflection:

Did I eat according to my goal today? (Yes/No)

What worked well? _____

What could I improve tomorrow? _____

Tomorrow's Intentions: _____