

# Emotional Eating Food Diary

Date:

MEAL	FOOD/DRINK ITEM AMOUNT	MOOD & SETTING
Time:  <input type="checkbox"/> meal <input type="checkbox"/> snack  Hunger level:		<input type="checkbox"/> Bored <input type="checkbox"/> Stressed/Worried <input type="checkbox"/> Happy <input type="checkbox"/> Sad <input type="checkbox"/> Angry <input type="checkbox"/> Other  Notes:  Setting:
Time:  <input type="checkbox"/> meal <input type="checkbox"/> snack  Hunger level:		<input type="checkbox"/> Bored <input type="checkbox"/> Stressed/Worried <input type="checkbox"/> Happy <input type="checkbox"/> Sad <input type="checkbox"/> Angry <input type="checkbox"/> Other  Notes:  Setting:
Time:  <input type="checkbox"/> meal <input type="checkbox"/> snack  Hunger level:		<input type="checkbox"/> Bored <input type="checkbox"/> Stressed/Worried <input type="checkbox"/> Happy <input type="checkbox"/> Sad <input type="checkbox"/> Angry <input type="checkbox"/> Other  Notes:  Setting:
Time:  <input type="checkbox"/> meal <input type="checkbox"/> snack  Hunger level:		<input type="checkbox"/> Bored <input type="checkbox"/> Stressed/Worried <input type="checkbox"/> Happy <input type="checkbox"/> Sad <input type="checkbox"/> Angry <input type="checkbox"/> Other  Notes:  Setting:
Time:  <input type="checkbox"/> meal <input type="checkbox"/> snack  Hunger level:		<input type="checkbox"/> Bored <input type="checkbox"/> Stressed/Worried <input type="checkbox"/> Happy <input type="checkbox"/> Sad <input type="checkbox"/> Angry <input type="checkbox"/> Other  Notes:  Setting: