

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:
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