

Freedom from Emotional Eating;

Changing your relationship with food



Daily Food and Feelings Diary

You may find that logging when you eat in an unplanned way you are able to identify triggers to work on. If your meal times are infrequent or you over eat at meal times it may also help to log meals too. This is just to help highlight what may be getting in the way of your goals.

Date/ Time	Food Eaten	Feelings before	Feelings after	What was happening before
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