Emotional Eating Food Diary

Date:

MEAL	FOOD/DRINK ITEM AMOUNT	MOOD & SETTING
Time: ❑ meal ❑ snack Hunger level:		❑ Bored ❑ Stressed/Worried ❑ Happy ❑ Sad ❑ Angry ❑ Other Notes: Setting:
Time: ❑ meal ❑ snack Hunger level:		❑ Bored ❑ Stressed/Worried ❑ Happy ❑ Sad ❑ Angry ❑ Other Notes: Setting:
Time: ❑ meal ❑ snack Hunger level:		❑ Bored ❑ Stressed/Worried ❑ Happy ❑ Sad ❑ Angry ❑ Other Notes: Setting:
Time: ❑ meal ❑ snack Hunger level:		❑ Bored ❑ Stressed/Worried ❑ Happy ❑ Sad ❑ Angry ❑ Other Notes: Setting:
Time: ❑ meal ❑ snack Hunger level:		❑ Bored ❑ Stressed/Worried ❑ Happy ❑ Sad ❑ Angry ❑ Other Notes: Setting:

LMC worksheets

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