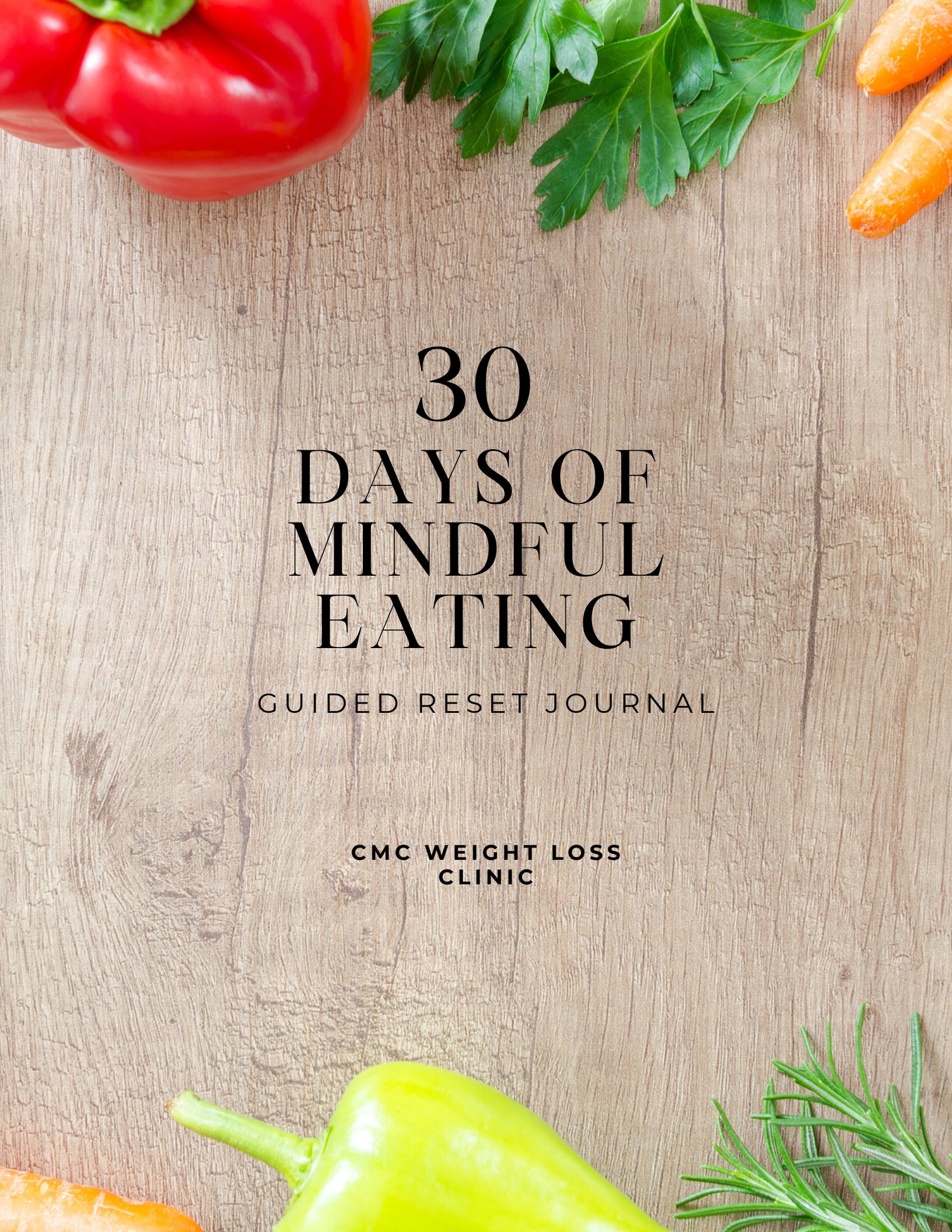




30 DAYS OF MINDFUL EATING

GUIDED RESET JOURNAL

CMC WEIGHT LOSS
CLINIC

30 DAYS OF MINDFUL EATING

GUIDED RESET JOURNAL

This guided mindful eating journal comes with tips, practices, journal prompts, and affirmations to help you restore your relationship with food over the next 30 days.

The journal is structured to help you identify your thoughts, feelings, and behaviors around eating, while also developing a mindful relationship with food.

It encourages more mindful, conscious, and intentional eating behavior by helping you become aware of your body's needs and making positive choices that nourish your body.

You'll be guided through journal prompts and affirmations to help you get in touch with your hunger signals, recognize emotional eating triggers, tune into your body's fullness cues, practice self-compassion, and make mindful food choices.

This journal is designed to be used as a companion for regular mindful eating practice. It can be used both independently or as part of our program at CMC Weight Loss Clinic.

Each day, you'll be prompted with questions to reflect on your behavior and attitude toward food. You'll also find affirmations throughout the journal that will help you to build a positive relationship with food.

Using this mindful eating journal can help you develop new behaviors and attitudes around food that promote self-care and nourishment. Start your journey to a healthier relationship with food today!

BEFORE WE DIVE IN... WHAT IS MINDFUL EATING?

Mindful eating is an approach to nourishing your body that is based on the practice of mindful awareness.

It involves paying attention to how and why you eat, developing a deeper understanding of yourself, and cultivating a greater connection between mind and body.

Mindful eating can help you better understand hunger signals, recognize emotional triggers for overeating or under-eating, and make more thoughtful food choices. It can also help you develop a healthier relationship with food, free of guilt or shame.



WHY IS OUR RELATIONSHIP WITH FOOD BROKEN?

Many of us have developed a broken relationship with food due to our diet-focused culture.

We sometimes view food as something that is good or bad, rather than nourishing and sustaining.

We're bombarded with messages telling us what we should and shouldn't eat, leading to feelings of deprivation or guilt when we consume something that is labeled as 'unhealthy'.

We have become disconnected from the basics of eating. We often eat on autopilot, unaware of our fullness cues, or use food to soothe our emotional state.

This journal will help you to change and heal your relationship with food.

Over the 30 days, it will help you with tips, daily prompts and check-ins, affirmations, and additional prompts to go back to a healthy relationship with food.

ASSESSING YOUR OWN RELATIONSHIP WITH FOOD

Before we dive into the mindful eating journal, it's important to take a moment to self-reflect and assess your own relationship with food.

Take some time to think about what attitudes and behaviors you have around eating. Are there any patterns or habits that you want to work on?

This is an opportunity for self-growth and to gain insight into your relationship with food, please be as honest as possible with yourself.

IDENTIFY YOUR FOOD LIES

There are so many "lies" we tell ourselves about food every single day.
Here are just a few examples:

1. Eating too much means I have no self-control
2. "Healthy" foods are bland and boring
3. Eating late at night will make me gain weight
4. Skipping meals is good for my health
5. If I eat something unhealthy, it negates all the healthy choices I've made throughout the day
6. I need to completely cut out certain foods or food groups to be healthy
7. Eating less will make me look better
8. Eating more frequently is unhealthy
9. Carbs are bad for me
10. I should always finish everything on my plate

Understanding your own food lies is important because it can help you to identify and challenge self-limiting beliefs that may be preventing you from having a healthy relationship with food.

By recognizing the lies, you can learn to recognize when they are coming up in your head, so that you can make more mindful decisions about what (and how much) to eat.

Understanding your own food lies can help you to make more informed food choices that align with your goals and values around health and wellness.

Additionally, recognizing the lies can also help to create positive thinking patterns when it comes to food, allowing you to be in tune with both physical and emotional hunger cues.

Finally, understanding the lies can help you to appreciate and enjoy food in the present moment, rather than worrying about calories or guilt.

HERE ARE 10 QUESTIONS TO HELP YOU ASSESS YOUR RELATIONSHIP WITH FOOD AND RECOGNIZE YOUR FOOD LIES:

01

What kinds of messages about food do you tell yourself when you're making decisions about what to eat?

02

What beliefs or assumptions about eating do you have that might be holding you back from having a healthy relationship with food?

03

How has the media (TV, magazines, online articles etc) influenced your thoughts and beliefs about food?

04

What kinds of messages have you learned from people in your life (family, friends etc) that might be affecting how you think about food?

05

How do your current eating habits reflect the values or goals that you have for yourself when it comes to food and health?

06

What would it mean to you to have a healthier relationship with food?

07

What are some of the things that you can do to move towards having this healthier relationship with food?

08

What lies or false beliefs about eating have kept you from making healthy changes in your life?

09

How does focusing on mindful eating instead of restrictive dieting help you to have a healthier relationship with food?

10

How can recognizing and challenging the lies about food help you to start making more mindful decisions around food?

MINDFUL EATING QUICK START TIPS

01

TUNE INTO YOUR BODY

Before, during, and after eating, take time to notice how your body is feeling.

02

PRACTICE NON-JUDGMENT

When making food choices, be sure to practice non-judgment and accept that all foods can fit into a balanced diet.

03

EAT SLOWLY

Take your time when eating and savor each bite.

04

NOTICE HUNGER CUES

Check in with yourself before eating to identify signs of true physical hunger.

05

EAT WITH INTENTION

Make mindful food choices that are both nourishing and satisfying.

MINDFUL EATING QUICK START TIPS

06

BE AWARE OF FULLNESS CUES

Pay attention to your body's fullness signals and stop eating when you feel comfortably satisfied.

07

FIND PLEASURE IN FOOD

Make meals enjoyable by focusing on the sensory aspects of eating, such as taste, smell, and texture.

08

PRACTICE SELF-COMPASSION

Be kind to yourself if you make a mistake or slip up, and remember that all foods can fit into a healthy diet.





HOW TO GO GROCERY SHOPPING AS A MINDFUL EATER?

1. Make a grocery list - Before you head to the store, make a list of what foods you need for your meals and snacks.
2. Shop with intention - Be mindful when selecting food items at the store and choose foods that will nourish your body.
3. Read labels carefully - Take time to read food labels and pay attention to ingredients, nutrition facts, and serving sizes.
4. Choose whole foods - Look for minimally processed items with few or no added ingredients.
5. Enjoy the experience - Shopping should be a positive experience! Appreciate the fresh fruits and vegetables, take your time exploring the store, and find joy in the process.

GROCERY LIST



MEAT & POULTRY

1	
2	
3	
4	
5	



FRUIT & VEGETABLES

1	
2	
3	
4	
5	



CANNED GOODS

1	
2	
3	
4	
5	



FISH

1	
2	
3	
4	
5	



SNACKS

1	
2	
3	
4	
5	



FROZEN FOODS

1	
2	
3	
4	
5	



DAIRY & DELI

1	
2	
3	
4	
5	



OTHER

1	
2	
3	
4	
5	

RECIPE CARD PLANNER

NAME OF RECIPE

SERVES



NOTES

- ☐ VEGETARIAN
- ☐ LOW CARB
- ☐ GLUTEN FREE
- ☐ VEGAN
- ☐ DAIRY FREE

TIME TO PREPARE

COOKING TEMP

RATING:



INGREDIENTS

DIRECTIONS

METHOD

HOW DO I EAT OUT AS A MINDFUL EATER?

01

MAKE MINDFUL CHOICES

When looking at a menu, choose items that will nourish your body and satisfy your taste buds.

02

LISTEN TO YOUR BODY

Before ordering, take some time to listen to your body and recognize what it needs in order to feel satisfied.

03

DON'T BE AFRAID TO ASK

Ask your server questions about ingredients, preparation methods, and portion sizes.

04

EAT SLOWLY

Enjoy the experience of eating out by taking your time and savoring each bite.

05

STOP WHEN FULL

Listen to your body's fullness signals and stop eating when you feel comfortably satisfied.

HOW TO EAT MINDFULLY IN SOCIAL SETTINGS?

01

TUNE INTO YOUR HUNGER CUES

Be mindful of how much you are eating and recognize when you are full.

02

PRACTICE MINDFUL CONVERSATION

Spend time talking to people, rather than focusing solely on the food.

03

MAKE INTENTIONAL CHOICES

When making food selections, choose items that will nourish your body and satisfy your taste buds.

04

RESPECT YOUR LIMITS

Don't let yourself be pressured into eating more than you want or need.

05

ENJOY THE EXPERIENCE

Relax and take your time, savoring each bite, and allowing yourself to enjoy the company and conversation that you are sharing with others.

DETOXING YOUR MIND AND BODY TO RESET YOUR EATING HABITS

UNPLUG FROM YOUR SCREENS

During mealtimes, take a break from all digital devices and distractions to focus on the present moment.

PRACTICE MINDFUL BREATHING

Take some time before eating to ground yourself in the present moment with deep belly breaths.



GET RID OF FOOD RULES

Let go of any rules or restrictions you may have about what foods are "good" or "bad."



GET CREATIVE WITH RECIPES

Find joy in creating new recipes that incorporate a variety of nourishing whole foods.

MAKE TIME FOR MOVEMENT

Incorporate some form of physical activity into your daily routine to keep your body moving and your mind focused.

SOCIAL MEDIA AND HOW IT IMPACTS YOUR MOOD, EMOTIONS, AND RELATIONSHIP TO FOOD

UNFOLLOW ACCOUNTS THAT TRIGGER FEELINGS OF COMPARISON OR DEPRIVATION

If an account is making you feel bad about your body, unfollow it and find more positive sources of inspiration.

FOLLOW ACCOUNTS THAT HAVE A POSITIVE MESSAGE

Seek out social media accounts that focus on health, wellness, and self-love instead of dieting, deprivation, or body shaming.



SET BOUNDARIES

Allow yourself a certain amount of time to scroll through social media and take breaks in between to reconnect with your body.

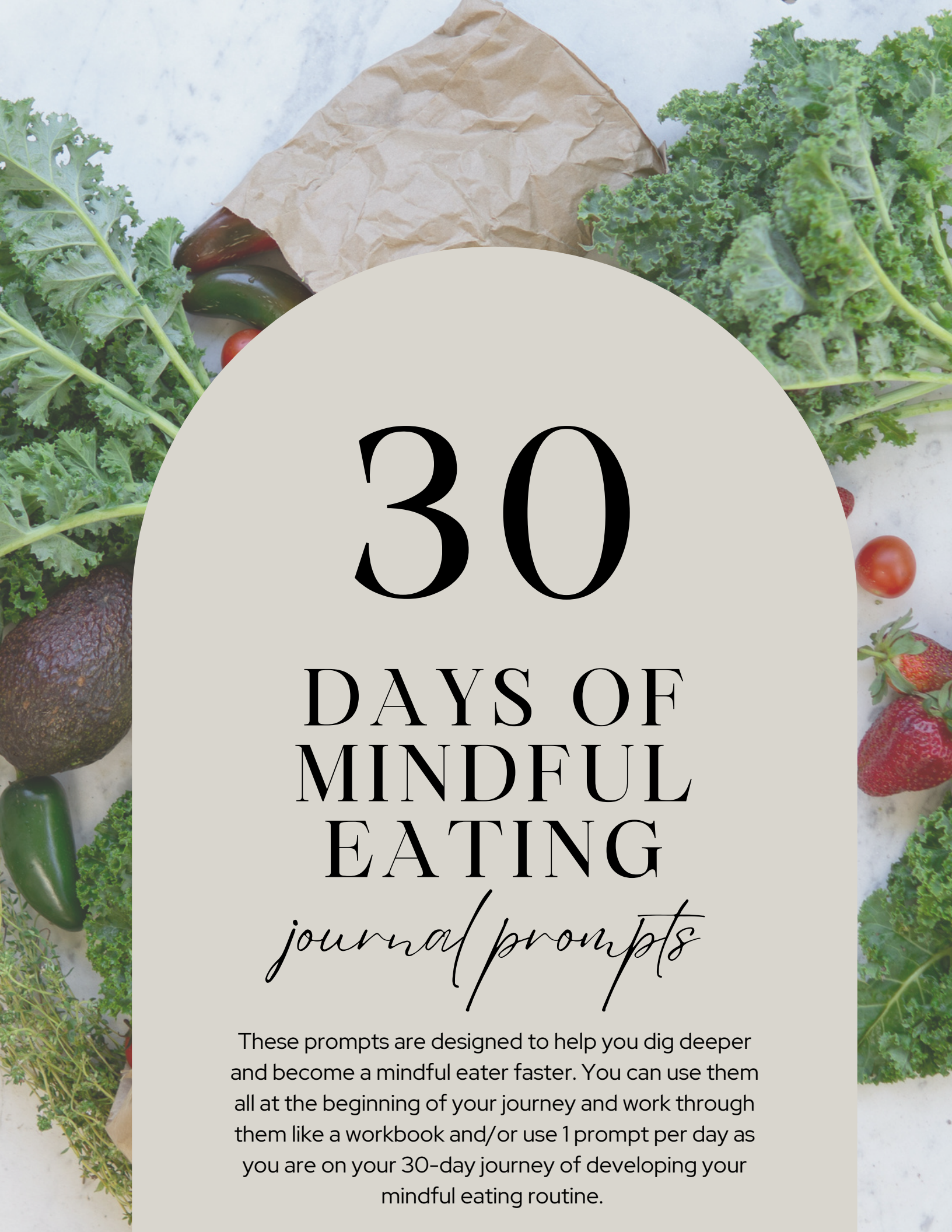


AVOID TRIGGERING COMMENTS

Stay away from nutrition-related posts that can trigger feelings of guilt or shame about food choices.

FIND BALANCE

Acknowledge the impact social media has on your well-being and be mindful of how much time you spend scrolling through your feeds.



30

DAYS OF MINDFUL EATING

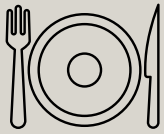
journal prompts

These prompts are designed to help you dig deeper and become a mindful eater faster. You can use them all at the beginning of your journey and work through them like a workbook and/or use 1 prompt per day as you are on your 30-day journey of developing your mindful eating routine.

WEEK 1

	MENU PLANNER	WORKOUT	WATER INTAKE
MON	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
TUES	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
WED	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
THURS	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
FRI	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
SAT	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
SUN	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         

DEVELOP YOUR DAILY ROUTINE OF MINDFUL EATING



BEFORE EATING CHECKLIST AND PROMPTS:

1. Am I eating out of physical hunger?
2. What do my body and mind need right now?
3. How can I make this meal pleasurable and satisfying?
4. Will this food nourish my body?
5. Have I given myself permission to enjoy this food without guilt or shame?



AFTER EATING CHECKLIST AND PROMPTS:

1. Did I eat until my body felt comfortably full?
2. Did I take time to savor each bite and notice the flavors of my food?
3. How do I feel after eating this meal?
4. Is there anything else that I need to feel nourished and complete?
5. What can I do with the excess energy that I may feel after eating?

DAILY FOOD LOG

Notice and note down your inner dialogue around food and eating throughout the day

<i>Breakfast</i>	FEELING     
	WATER      
	NOTES

<i>Lunch</i>	FEELING     
	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

What am I feeling in my body right now?

[illegible]

“

I CAN HEAL MY
RELATIONSHIP WITH
FOOD AND LEARN TO
TRUST MY BODY.



DAILY FOOD LOG

Notice and note down your inner dialogue around food and eating throughout the day

<i>Breakfast</i>	FEELING     
	WATER      
	NOTES

<i>Lunch</i>	FEELING     
	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

What am I feeling in my body right now?

[illegible]

“

I AM PATIENT,
UNDERSTANDING,
AND COMPASSIONATE
WITH MYSELF WHEN
IT COMES TO EATING
AND NOURISHING MY
BODY.



DAILY FOOD LOG

Notice and note down your inner dialogue around food and eating throughout the day

<i>Breakfast</i>	FEELING     
	WATER      
	NOTES

<i>Lunch</i>	FEELING     
	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

What am I feeling in my body right now?

[illegible]

“

I AM MINDFUL AND IN
TUNE WITH MY
BODY'S NEEDS



DAILY FOOD LOG

Notice and note down your inner dialogue around food and eating throughout the day

<i>Breakfast</i>	FEELING     
	WATER      
	NOTES

<i>Lunch</i>	FEELING     
	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

What does true physical hunger feel like for me?

[illegible]

“

I EAT FOR
NOURISHMENT, NOT
PUNISHMENT OR
REWARD



DAILY FOOD LOG

Notice and note down your inner dialogue around food and eating throughout the day

<i>Breakfast</i>	FEELING     
	WATER      
	NOTES

<i>Lunch</i>	FEELING     
	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

How did I nourish myself today with food and other practices?

[illegible]

“

I CAN LEARN TO
TRUST MYSELF
AROUND FOOD



DAILY FOOD LOG

Notice and note down your inner dialogue around food and eating throughout the day

<i>Breakfast</i>	FEELING     
	WATER      
	NOTES

<i>Lunch</i>	FEELING     
	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

What can I learn from slipping up on my mindful eating goals?

[illegible]

“

IT IS OKAY TO INDULGE
OCCASIONALLY WITHOUT
GUILT OR REGRET



DAILY FOOD LOG

Notice and note down your inner dialogue around food and eating throughout the day

<i>Breakfast</i>	FEELING     
	WATER      
	NOTES

<i>Lunch</i>	FEELING     
	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

What emotions am I trying to avoid with food?

[illegible]

“

EATING SLOWLY
HELPS ME ENJOY MY
MEALS AND
APPRECIATE THE
FLAVORS



DAILY FOOD LOG

Notice and note down your inner dialogue around food and eating throughout the day

<i>Breakfast</i>	FEELING     
	WATER      
	NOTES

<i>Lunch</i>	FEELING     
	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

How can I nourish myself in other ways besides eating?

[illegible]

“

I MAKE CONSCIOUS
FOOD CHOICES TO
NOURISH MY BODY



DAILY FOOD LOG

Notice and note down your inner dialogue around food and eating throughout the day

<i>Breakfast</i>	FEELING     
	WATER      
	NOTES

<i>Lunch</i>	FEELING     
	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

What is my relationship with food like right now?

[illegible]

“

LISTENING TO MY
HUNGER AND
FULLNESS CUES
HELPS ME EAT IN A
MINDFUL WAY



DAILY FOOD LOG

Notice and note down your inner dialogue around food and eating throughout the day

<i>Breakfast</i>	FEELING     
	WATER      
	NOTES

<i>Lunch</i>	FEELING     
	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

WEEK 2

	MENU PLANNER	WORKOUT	WATER INTAKE
MON	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
TUES	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
WED	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
THURS	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
FRI	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
SAT	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
SUN	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         

DAILY FOOD LOG

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<i>Breakfast</i>	FEELING     
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	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

How can I create a more positive relationship with food?

[illegible]

“

IT'S OKAY TO
EXPERIENCE
PLEASURE WHEN
EATING



DAILY FOOD LOG

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<i>Breakfast</i>	FEELING     
	WATER      
	NOTES

<i>Lunch</i>	FEELING     
	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

What did I enjoy about my meal today?

[illegible]

“

EATING HEALTHY IS
NOT ABOUT
DEPRIVATION OR
RESTRICTION, IT'S
ABOUT BALANCE



DAILY FOOD LOG

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<i>Breakfast</i>	FEELING     
	WATER      
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	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

What can I do to reduce stress around eating?

[illegible]

“

I CAN LEARN TO BE
GENTLE AND KIND
TO MYSELF WHEN IT
COMES TO FOOD



DAILY FOOD LOG

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	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

How can I practice non-judgmental awareness when making food choices?

[illegible]

“

I AM FREE FROM THE
GUILT ASSOCIATED
WITH INDULGING IN
UNHEALTHY FOODS



DAILY FOOD LOG

Notice and note down your inner dialogue around food and eating throughout the day

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	WATER      
	NOTES

<i>Lunch</i>	FEELING     
	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

Am I being mindful or mindless about my food choices?

[illegible]

“

I ENJOY EATING A
VARIETY OF NUTRITIOUS
FOODS THAT MAKE ME
FEEL GOOD



DAILY FOOD LOG

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<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

What areas of mindful eating could I improve on?

[illegible]

“

ALLOWING MY BODY TO
TAKE BREAKS FROM
DIETING HELPS ME
CULTIVATE A HEALTHIER
RELATIONSHIP WITH FOOD



DAILY FOOD LOG

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	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

What can I do to increase my awareness of hunger cues?

[illegible]

“

I RECOGNIZE AND RESPECT
THE PHYSICAL, EMOTIONAL,
AND SPIRITUAL ASPECTS OF
NOURISHING MY BODY



WEEK 3

	MENU PLANNER	WORKOUT	WATER INTAKE
MON	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
TUES	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
WED	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
THURS	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
FRI	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
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SUN	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         

DAILY FOOD LOG

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	WATER      
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	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

D A T E :

How have I been nourishing myself today, both physically and emotionally?

“

I CAN APPRECIATE
FOOD WITHOUT
BEING CONSUMED BY
IT



DAILY FOOD LOG

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	WATER      
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	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

What emotions am I noticing when eating?

[illegible]

“

LISTENING TO MY
INTUITION ALLOWS
ME TO MAKE
MINDFUL DECISIONS
ABOUT FOOD



DAILY FOOD LOG

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	NOTES

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	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

How does my body feel after eating a meal?

[illegible]

“

IT'S OKAY TO
EXPERIMENT WITH
DIFFERENT FOODS
WITHOUT JUDGMENT
OR COMPARISON



DAILY FOOD LOG

Notice and note down your inner dialogue around food and eating throughout the day

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	WATER      
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	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

What foods can I eat to nourish my body?

[illegible]

“

ALLOWING MYSELF TO
TUNE INTO MY BODY'S
HUNGER AND FULLNESS
CUES HELPS ME MAKE
MINDFUL FOOD CHOICES



DAILY FOOD LOG

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	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

How do I feel when I'm reaching for food out of boredom or stress?

[illegible]



I CAN TRUST THAT I
AM CAPABLE OF
MAKING THE BEST
DECISIONS FOR MY
HEALTH



DAILY FOOD LOG

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	WATER      
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	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

What self-care activities can I practice to nurture myself in other ways besides eating?

[illegible]

“

EATING NUTRITIOUS,
BALANCED MEALS HAS A
POSITIVE IMPACT ON HOW I
FEEL PHYSICALLY, MENTALLY,
AND EMOTIONALLY



DAILY FOOD LOG

Notice and note down your inner dialogue around food and eating throughout the day

<i>Breakfast</i>	FEELING     
	WATER      
	NOTES

<i>Lunch</i>	FEELING     
	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

What changes can I make to my eating habits that are sustainable and enjoyable?

[illegible]

“

I DON'T NEED TO BE
PERFECT WHEN IT
COMES TO MY
EATING HABITS



WEEK 4

	MENU PLANNER	WORKOUT	WATER INTAKE
MON	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
TUES	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
WED	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
THURS	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
FRI	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
SAT	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         
SUN	BREAKFAST LUNCH DINNER SNACKS	EXERCISE	         

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	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

What can I do to challenge negative thoughts or beliefs about food or my body?

This image shows a single page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a guide for writing. There are no margins, text, or other markings on the page.



I RECOGNIZE THAT
FOOD IS FUEL AND
NOURISHMENT FOR
MY BODY



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	WATER      
	NOTES

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	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

What positive mindful eating practices am I proud of today?

[illegible]

“

PRACTICING MINDFUL
EATING ALLOWS ME TO
APPRECIATE THE FLAVORS
OF THE FOOD I EAT



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	WATER       
	NOTES

<i>Lunch</i>	FEELING     
	WATER       
	NOTES

<i>Dinner</i>	FEELING     
	WATER       
	NOTES

<i>Snacks</i>	FEELING     
	WATER       
	NOTES

DATE :

How does the environment (location, people, etc) influence my food choice?

[illegible]

“

I ENJOY BEING A
MINDFUL EATER



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	WATER      
	NOTES

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	WATER      
	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

What can I do to honor my fullness cues?

[illegible]

“

EATING MINDFULLY IS A
JOURNEY, AND I TAKE THE
TIME TO APPRECIATE
EACH STEP OF THE WAY.



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	NOTES

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	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

How does focusing on the sensory aspects of eating make meals more enjoyable?

[illegible]

“

I RECOGNIZE THAT I HAVE
CONTROL OVER MY FOOD
CHOICES AND HOW IT
IMPACTS MY BODY.



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	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

DATE :

When am I most likely to overeat or eat mindlessly?

[illegible]

“

I WILL BE MINDFUL OF MY
EATING HABITS AND
MAKE DECISIONS THAT
BEST SUPPORT ME AND
MY HEALTH.



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	NOTES

<i>Dinner</i>	FEELING     
	WATER      
	NOTES

<i>Snacks</i>	FEELING     
	WATER      
	NOTES

How has practicing mindful eating impacted my relationship with food?

[illegible]

“

I MONITOR MY INNER
DIALOGUE AND
FOCUS ON POSITIVE
THOUGHTS AND
AFFIRMATIONS
AROUND FOOD.

