

FOOD & FEELING DIARY

Use this template to reflect on your emotions and feelings that may impact your food choices.

Create a list of activities that you could enjoy as an alternative to non-hungry eating.

Day	Food and drinks consumed	Feelings at the time	Activities I enjoy

Feeling words: bored - hungry - happy - social - sad - content - craving - angry - satisfied - lonely - frustrated - anxious - guilty - celebratory