

# Worksheet 8: Eating diary

Date and time:

<b>Situation</b> <i>Where were you? Who were you with? How were you feeling? What were you thinking about before you ate?</i>	<b>What did I eat or drink?</b> <i>(Amount and type)</i> <b>Physical activity before or after eating</b> <i>(Type and duration)</i>	<b>Overeating</b> <i>Yes/No</i>	<b>Mindset when eating</b> <i>(e.g. dieting, comfort, food as fun, food as punishment)</i>	<b>Thoughts and feelings</b> <i>These can be before, during or after eating, can be about doing the diary or anything else you think is important.</i>
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