

WEEKLY FOOD LOG

WEEK OF

This food log includes time of day, food eaten (in as much detail as you can provide, such as ingredients, serving size, etc.) and approximate calories, a hunger rating, your emotions or feelings at the time you ate (to help identify instances of emotional eating), and any other activities at the time of eating.

| | TIME OF DAY FOOD EATEN | AMOUNT | HUNGER RATING | EMOTIONS/OTHER ACTIVITIES |
|----|--------------------------|--------|---------------|---------------------------|
| M | | | | |
| T | | | | |
| W | | | | |
| TH | | | | |
| F | | | | |
| S | | | | |