










FOOD JOURNAL SAMPLE

 FOOD	 AMOUNT	 TIME	 HUNGER 1-10	 PLACE	 WITH WHO?	 MINDFUL?	 MOOD	 PLANNED?
EGGS TOAST BACON	2 1 PIECE 2 PIECES	8AM	1	KITCHEN TABLE	W/ KIDS	YES	EXCITED	YES
APPLE SLICES	1/2 CUP	4PM	2	KITCHEN	ALONE	NO	ANXIOUS	NO

 **Helpful hints:** Hunger scale rating: 1: not at all – 10: very hungry. Planned: Was what you ate part of your plan or something triggered by your environment?

FOOD JOURNAL

 FOOD	 AMOUNT	 TIME	 HUNGER 1-10	 PLACE	 WITH WHO?	 MINDFUL?	 MOOD	 PLANNED?

 **Helpful hints:** Hunger scale rating: 1: not at all – 10: very hungry. Planned: Was what you ate part of your plan or something triggered by your environment?

OK, YOU FILLED OUT THE FOOD JOURNAL NOW WHAT?

1

Take a look at all you've written down. Using a colored pen (like a yellow or green highlighter), circle all those times you made good choices, ate according to your plan, resisted temptation and feel proud about what you did.

2

Now look for the times when things may not have gone the way you'd hoped. Do you see a pattern in any of the columns? Eating when you're not hungry? Eating when you're alone and feeling a bit lonely? Pick one or two columns where you want to focus your improvement plan.

3

Write your own specific action steps for what you can do to get on track. Set a SMART goal for yourself. Something that is specific, measurable, actionable, realistic and time-based. We've listed some examples of goals that may help you choose the right one for you.

FOOD JOURNAL NEXT STEPS

FOOD HABIT DIARY REVIEW: HOW DID I DO?	I DO OK HERE	NEEDS WORK	I WILL....
FOOD: I'm eating well at least 80% of the time (fruits, veggies, lean meats, whole grains) & I limit sugary, fatty or salty foods to less than 20% of the time.			<p>Increase the amount and kinds of vegetables I eat Decrease sweet treats to only twice a week</p> <hr/>
AMOUNT: I eat about the right amount and it matches my plan.			<p>Increase the veggies to fill at least half my plate Decrease the amount of beer/wine I drink</p> <hr/>
TIME/FREQUENCY: I eat on a fairly structured schedule.			<p>Aim to eat meals only three times a day (morning, mid-day and evening) Aim to have one snack /day</p> <hr/>
HUNGER: I eat when I'm hungry.			<p>Sip a cup of tea if I want a snack when I'm not really hungry Carry a protein bar when I'm too busy so I don't get overly-hungry (and then overeat)</p> <hr/>
PLACE: I'm always at my designated eating place; I'm not snacking standing up or in front of the TV.			<p>Only eat sitting down at my kitchen table Not eat in front of the TV</p> <hr/>
MOOD: Moods are not affecting my eating; I'm not turning to food when I'm bored or stressed.			<p>Recognize when I'm feeling lonely or blue & snacking; do a crossword puzzle or hobby Change my habits of celebrating the end of the week by reducing my 2 drinks to 1</p> <hr/>
TRIGGER/CUE: I don't choose to eat based on something I see or a trigger in my kitchen / my surroundings.			<p>Reorganize my refrigerator so the fruits and veggies are easier to grab Keep tempting foods out of sight (cookie jar off the counter; no candy bowl at work) Break the habit of eating a tasty food when I do a specific activity like watching a TV show</p> <hr/>
MINDFUL: I eat slowly, without distraction, paying close attention and enjoying each bite.			<p>Eat my meals more slowly – at least 20 minutes Avoid distractions while eating (no reading, no TV...)</p> <hr/>
WITH WHOM: I am able to eat well no matter who I'm with. I don't notice certain people influencing me to eat more.			<p>Talk with my co-workers about my meal plan so they can be more supportive Tell my loved one that while I love her cookies, I don't want her to bring them to my house for the next 3 months while I'm working hard to limit what I eat</p> <hr/>
PLANNED: I eat just what I've planned for my meals and snacks.			<p>Dust off my meal plan and follow it more closely Talk with my dietitian about adjusting my plan, as it does not seem to be right for me</p> <hr/>