



FOOD JOURNAL EXERCISE

TIPS: Write down everything good and bad

TIPS: Notice how you feel after certain foods – tired, energetic, thirsty, stomach, headache, toilet etc (This may help to identify foods that agree / don't agree with you)

TIPS: Note your triggers (emotions, stress, lack of sleep / tired, feelings of excitement, feelings of sadness / anxiety, boredom)

TIPS: Notice any trends in food choices and behaviour. For example, do you notice you have the same meal all the time, this may be a good space to put in a new recipe / new meal idea.

TIPS: When you have a good day what have you done to allow this to happen and vice versa?

TIPS: Plan in advance, write down your meals the night before for the following day. This practice will keep you on track and aware of your choices. Compare after the day to see how you actually got on, this may highlight your strengths and weaknesses.

This is a great exercise to help you become a more mindful eater and set up more sustainable long term good habits around food!

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
WATER ALCOHOL FIZZY DRINKS							
EXERCISE / MOVEMENT / OUTDOOR							

