

Weight Management Workshop Mindful Eating Journal

Use this journal if you find that you're having a hard time sticking to "healthy eating principles" outlined in your handbook and reviewed in presentation 1. Let's uncover the real reasons why? Here are some common reasons:

1. You aren't prepping your meals ahead and you're trying to build meal or grab food "on the fly"
2. Your meals aren't balanced
3. Your meals aren't substantial enough to sustain you until your next meal. This is an easy one—add some "extras" from your list.
4. You aren't enjoying your food. Try a new recipe!
5. You aren't truly hungry but are instead using food to distract from an emotion.
6. You have routine habits around food that you haven't broken yet – ex: always eating popcorn with a movie, always grabbing a snack at the gas station, always eating the rest of the food from your child's plate, always having a glass of wine in the evening.

Complete this log for 3-7 days and discuss with your coach!

Date: Time:	MEAL 1 What you ate:	<p>Was this meal prepped ahead of time?</p> <p>Was this meal balanced with a veg, a protein, a smart-carb, and a fat?</p> <p>How did you feel before you ate? (Physically and emotionally)</p> <p>How did you feel after you ate? (Physically and emotionally)</p> <p>Could you have made a difference choice or eaten less?</p>
Date: Time:	MEAL 2 What you ate:	<p>Was this meal prepped ahead of time?</p> <p>Was this meal balanced with a veg, a protein, a smart-carb, and a fat?</p> <p>How did you feel before you ate? (Physically and emotionally)</p> <p>How did you feel after you ate? (Physically and emotionally)</p> <p>Could you have made a difference choice or eaten less?</p>
Date: Time:	MEAL 3 What you ate:	<p>Was this meal prepped ahead of time?</p> <p>Was this meal balanced with a veg, a protein, a smart-carb and a fat?</p> <p>How did you feel before you ate? (Physically and emotionally)</p> <p>How did you feel after you ate? (Physically and emotionally)</p> <p>Could you have made a difference choice or eaten less?</p>

Date:	SNACKS/ Additional food or drinks/ alcohol	Was this meal prepped ahead of time?
Time:	What you ate/drank:	<p>Was this meal balanced with a veg, a protein, a smart-carb and a fat?</p> <p>How did you feel before you ate? (Physically and emotionally)</p> <p>How did you feel after you ate? (Physically and emotionally)</p> <p>Could you have made a difference choice or eaten less?</p>

NOTES/REFLECTION:

MY JOY LIST

Make a list of what activities you could do instead of turning to food when you're not actually hungry. What activities will "fill your cup?" *Ex: reading, going for a walk outside, calling a friend, playing a game, planning your meals for the next day, writing in a journal, exercising, your favorite hobby, taking up a new skill or taking a class.*
