



PHASE 1 MINDFUL MEAL LOG

MORNING CHECK-IN:

Wake-Up Time	Hours Slept	Quality of Sleep	Feelings, Thoughts, Behaviors

Time	Type of Hunger	Feelings, Thoughts, Behaviors Before	Food Eaten	Feelings, Thoughts, Behaviors After
BREAKFAST				
	Emotional Behavioral Physical			
MIDMORNING SNACK				
	Emotional Behavioral Physical			