## MINDFUL MEAL JOURNAL

DATE:	S M T W T F S	HOURS OF SLEEP:			
MEAL 1 TIME:	DURATION:	HUNGER: 1 2 3 4 5 6 7			
		©			
		8			
I ATE BECAUSE: BORED CRAVINGS HUNGRY SOCIAL STRESS					
SYMPTOMS / FEELINGS AFTER	MEAL:	HOW LONG AFTER MEAL:			
ENERGETIC TIRED		< 30 MIN. 2 - 3 HOURS			
FOCUSED BRAIN FO	G	< 1 HOUR 3 - 4 HOURS			
NAUSEOUS BLOATED		1 - 2 HOURS			
MEAL 2 TIME:	DURATION:	HUNGER: 1 2 3 4 5 6 7			
		©			
I ATE BECAUSE: BORED CRAVINGS HUNGRY SOCIAL STRESS					
I ATE BECAUSE: BORED	CRAVINGS HUNGRY SO	CIAL STRESS			
I ATE BECAUSE: BORED  SYMPTOMS / FEELINGS AFTER		HOW LONG AFTER MEAL:			
SYMPTOMS / FEELINGS AFTER	MEAL:	HOW LONG AFTER MEAL:			
SYMPTOMS / FEELINGS AFTER ENERGETIC TIRED	MEAL:	HOW LONG AFTER MEAL:  30 MIN. 2 - 3 HOURS			
SYMPTOMS / FEELINGS AFTER ENERGETIC TIRED FOCUSED BRAIN FO	MEAL:	HOW LONG AFTER MEAL:  < 30 MIN. 2 - 3 HOURS < 1 HOUR 3 - 4 HOURS			
SYMPTOMS / FEELINGS AFTER ENERGETIC TIRED FOCUSED BRAIN FO NAUSEOUS BLOATED	MEAL:	HOW LONG AFTER MEAL:    < 30 MIN.			
SYMPTOMS / FEELINGS AFTER ENERGETIC TIRED FOCUSED BRAIN FO NAUSEOUS BLOATED	MEAL:	HOW LONG AFTER MEAL:    < 30 MIN.			
SYMPTOMS / FEELINGS AFTER ENERGETIC TIRED FOCUSED BRAIN FO NAUSEOUS BLOATED	MEAL:	HOW LONG AFTER MEAL:    < 30 MIN.			
SYMPTOMS / FEELINGS AFTER ENERGETIC TIRED FOCUSED BRAIN FO NAUSEOUS BLOATED	MEAL:	HOW LONG AFTER MEAL:    < 30 MIN.			
SYMPTOMS / FEELINGS AFTER ENERGETIC TIRED FOCUSED BRAIN FO NAUSEOUS BLOATED	MEAL:	HOW LONG AFTER MEAL:    < 30 MIN.			
SYMPTOMS / FEELINGS AFTER ENERGETIC TIRED FOCUSED BRAIN FO NAUSEOUS BLOATED	MEAL:  G  DURATION:	HOW LONG AFTER MEAL:    < 30 MIN.			
SYMPTOMS / FEELINGS AFTER ENERGETIC TIRED FOCUSED BRAIN FO NAUSEOUS BLOATED  MEAL 3 TIME:	MEAL:  G  DURATION:  CRAVINGS HUNGRY SO	HOW LONG AFTER MEAL:    < 30 MIN.   2 - 3 HOURS   3 - 4 HOURS   1 - 2 HOURS			
SYMPTOMS / FEELINGS AFTER ENERGETIC TIRED FOCUSED BRAIN FO NAUSEOUS BLOATED  MEAL 3 TIME:  I ATE BECAUSE: BORED	MEAL:  G  DURATION:  CRAVINGS HUNGRY SO	HOW LONG AFTER MEAL:  30 MIN.  1 - 2 HOURS  1 - 2 HOURS  HUNGER: 1 2 3 4 5 6 7   CIAL STRESS			
SYMPTOMS / FEELINGS AFTER ENERGETIC TIRED FOCUSED BRAIN FO NAUSEOUS BLOATED  MEAL 3 TIME:  I ATE BECAUSE: BORED  SYMPTOMS / FEELINGS AFTER	MEAL:  DURATION:  CRAVINGS HUNGRY SO	HOW LONG AFTER MEAL:  30 MIN.  1 - 2 HOURS  1 - 2 HOURS  HUNGER: 1 2 3 4 5 6 7  CIAL STRESS  HOW LONG AFTER MEAL:			

## TODAY'S NUTRITION SCORE: ☆☆☆☆☆

MEAL 4	TIME:	DURATION:		HUNGER: 1	2 3 4 5 6 7	
				© ©		
				8		
I ATE BECAUSE: BORED CRAVINGS HUNGRY SOCIAL STRESS						
SYMPTOMS / FEELINGS AFTER MEAL:				HOW LONG AFTER MEAL:		
ENERGETIC				< 30 MIN.	2 - 3 HOURS	
FOCUSED BRAIN FOG  NAUSEOUS BLOATED				<1 HOUR 3 - 4 HOURS 1 - 2 HOURS		
1-2110013						
MEAL 5	TIME:	DURATION:		HUNGER: 1	2 3 4 5 6 7	
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				$\odot$		
				8		
I ATE BECAUSE: BORED CRAVINGS HUNGRY SOCIAL STRESS						
SYMPTOMS / F	FEELINGS AFTER MEA	L:		HOW LONG	AFTER MEAL:	
ENERGETIC				< 30 MIN.	2 - 3 HOURS	
FOCUSED BRAIN FOG			<1HOUR	3 - 4 HOURS		
NAUSEOUS BLOATED 1 - 2 HOURS				rs		
SATIETY LEVE	EL AFTER MEALS	FRUIT SERVINGS	WATER	RINTAKE	SUPPLEMENTS	
MEAL 1 1	2 3 4 5	00000				
MEAL 2 1	2 3 4 5					
MEAL 3 1	2 3 4 5	VEGGIE SERVINGS				
MEAL 4 1	2 3 4 5	\$\$\$\$\$ 0000				
MEAL 5 1	2 3 4 5					
TODAY'S WINS / ACHIEVEMENTS:						
TODAY'S BIGGEST CHALLENGES:						
WAYS TO IMPROVE TOMORROW:						