

Food Diary

Date/Time	Food Eaten	Setting	M/S/I*	Feelings	Automatic Thoughts
6-15-10 7:30am	Bagel with cream cheese (about 3 tablespoons) Orange juice (8 oz)	Kitchen alone	Meal	Satisfied Guilty	I should have picked something healthier. Why didn't I just have a piece of fruit?
11:45pm	Sweet and sour chicken with rice – (1/2 take-out) Coke (1 can)	Lunchroom at work with co-workers	Meal	Happy Relaxed	I should do this more often.
1:15pm	Cupcake	Office	Impulse	Satisfied	I wanted something sweet. I deserved this after eating so good for lunch.
2:50pm	5 oreos Coke (1 can)	Office	Impulse	Guilty	Why did I have to eat that? I have no self-control. I'm a pig. I'm going to get fat.
4:30pm	Handful of pretzels	Office	Impulse	Stressed	I need a break. I deserve this. I'll never get my work done before the end of the day. I'll never be home on time to eat dinner.
6:45pm	Two helpings of spaghetti and meatballs Lettuce and tomato salad with 2 tbsp of lite dressing and handful of croutons 2 glasses red wine	Kitchen with family	Meal	Stressed Exhausted	Distracted I never have time to relax. I deserve a second glass of wine.
8:30pm	Bag of potato chips	Family room with family	Snack	Relaxed Content	I should've picked something healthier. I'll do better tomorrow.

*Meal, Snack, or Impulse

(Hints: Be honest. Be specific. Look for patterns in behavior, choices, thoughts, and feelings.)