

## **Mindful Eating Log**



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Day:		Day:	Day:	
Breakfast:		Breakfast:	Breakfast:	
Snack:		Snack:	Snack:	
Lunch:		Lunch:	Lunch:	
Snack:		Snack:	Snack:	
Dinner:		Dinner:	Dinner:	
□ I ate 2-4 fruits today.	□ I ate 3-5 vegetables today	□ I ate 2-4 fruits today.	□ I ate 3-5 vegetables today	
□ I drank 6-8 glasses of water today		☐ I drank 6-8 glasses of wo	□ I drank 6-8 glasses of water today	
$\square$ I ate three meals and 1-2 snacks.		$\Box$ I ate three meals and 1	$\square$ I ate three meals and 1-2 snacks.	
□ All of my eating was conscious and purposeful.		☐ All of my eating was co	$\hfill \Box$ All of my eating was conscious and purposeful.	
□ I exercised today:		☐ I exercised today:	□ I exercised today:	
Thoughts:		Thoughts:	Thoughts:	
"A journey of 1,000 miles begins with a single stap." There are		#A jayanay of 1,000 miles	be a sing with a single atom !! There are	

'A journey of 1,000 miles begins with a single step." Thoreau

