

# Mindful Eating

Date \_\_\_\_\_

What I had

How I felt after 30 minutes

|           |  |  |
|-----------|--|--|
| Breakfast |  |  |
| Lunch     |  |  |
| Dinner    |  |  |
| Snacks    |  |  |
| Drinks    |  |  |

|                                      |                      |                                     |
|--------------------------------------|----------------------|-------------------------------------|
| Last night, I slept for<br><br>hours | Today's exercise was | I drank<br><br>glasses / ltrs water |
|--------------------------------------|----------------------|-------------------------------------|

Things that worked for me today were

Things I want to do differently tomorrow are

Overall, today I felt

