

# Understanding Your Eating (Dieters)

Date:

Day:

| Time | Thoughts and Feelings Before Eating | Hunger | Food Eaten and Fluids | Fullness | Location | Thoughts or Feelings After Eating |
|------|-------------------------------------|--------|-----------------------|----------|----------|-----------------------------------|
|      |                                     |        |                       |          |          |                                   |

Connections made between food, mood and appetite: