



**SWEDISH**

Weight Loss Services

## Food Journal Worksheet

It is very important that we have an understanding of your individual eating pattern over several days. This allows us to more accurately design an effective program just for you.

We know this involves some work on your part, but food journaling is known to be one of the most powerful tools for gaining insight and awareness regarding eating patterns. Your ability to accurately journal is a strong predictor of your likelihood for long term success.

Please choose a 7 day period, during which you write down when, what and how much you eat throughout the day. Please include all non-diet pop, juices and other drinks, including alcoholic beverages. Also include any snacks and nibbles or tastes. Also, please include any emotional issues you were experiencing (angry, sad, lonely, tired, bored, stressed, etc.), in the comment section at the time you were eating.

Day of the week ____ (1-7) Day ____ (M-S) Date ____	What did you eat?	How much did you eat?	Your comments
Meal #1 Time _____			
Meal #2 Time _____			
Meal #3 Time _____			
Meal #4 Time _____			
Meal #5 Time _____			
Meal #6 Time _____			