

Food Journal and Emotional Eating Chart

Before you eat, HALT! Ask yourself if you are Hungry, Angry, Lonely, or Tired, or any other emotions. Then, put a check beside the emotion. Keeping track of the emotions you associate with eating can help you defeat emotional eating.

Breakfast	Emotions	
	Hungry	
	Angry	
	Lonely	
Lunch	Tired	
	Bored	
	Embarrassed	
	Frustrated	
Dinner	Sad	
	Overwhelmed	
	Guilty	
	Frustrated	
Snacks	Unknown	
	Other	