


Food Journal



A 30-Day Guided Journal



Table / Log

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How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Fill in the time and category for each meal or snack (Breakfast, Lunch, Dinner, Snack)
 - Describe what you ate in enough detail to be useful — 'grilled salmon with rice' not just 'dinner'
 - Log portion size in a unit that works for you (grams, cups, handfuls)
 - Record calorie count as an estimate — precision matters less than consistency
 - Rate hunger before eating on a 1-10 scale to track whether you are eating from true hunger
 - Note your mood or emotional state to identify emotional eating patterns
 - Review weekly: look for trends in hunger, mood, and meal timing



Scan for a detailed guide on how to use this journal

