

Emotional Eating Worksheet

You can use this worksheet over one day, several days, or even several weeks. Make as many copies as you find useful.

Consider noting down even mildly emotional or stressful situations, in addition to more intense experiences. You might even try rating the intensity of the emotions on a 1-7 or 1-10 scale.

You can also use this to write down times when you felt both stressed and physically hungry – they happen!

You can also use the fourth column to write down times when you realize you experienced an emotion or other trigger – and didn't have a desire to eat.

And keep in mind that you can use the last column to write down other things you chose to do instead of eating, or ate something different from your 'craving' food in Column 3.

Day and Time	Situation	Feeling or Emotion	Desire to Eat (1-10) and Type of Food	Food Eaten or Other Choice

Notes (what happened; thoughts you might have; surprises; reflections later):