

Working side-by-side for greater well-being

Mindful Eating Journal A Weekly Review of Eating Patterns

	÷	÷		
Date				
Emotion				
Hunger before meal (1-10)				
Meal setting (group, alone, home, work)				
Satiety after meal (1-10)				
Emotion				
Hunger before meal (1-10)				
Meal setting (group, alone, home, work)				
Satiety after meal (1-10)				
Emotion				
Hunger before meal (1-10)				
Meal setting (group, alone, home, work)				
Satiety after meal (1-10)				
Emotion				
Hunger before meal (1-10)				
Meal setting (group, alone, home, work)				
Satiety after meal (1-10)				

@parallelwellness @ @parallelwell @@parallelwellness parallelwellness.ca