

Week 5: Emotional Eating Food Diary

When did you eat?	What and How Much Did You Eat?	Where Did You Eat?	With Whom Did You Eat?	What Were You Doing?	How Were You Feeling?	How Hungry on a 1-10 Scale Were You? **

**Rate your hunger:

1	2	3	4	5	6	7	8	9	10
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Not Hungry

Very Hungry