Eating and Its Relation to Moods, Thoughts, Body Sensations, and Emotions: A Journal

Date/Time	Food	Hunger/Fullness Scale										Feelings/Moods/Thoughts/ Body Sensations Before Eating	Feelings/Moods/Thoughts/ Body Sensations After Eating Additional Comments
		1	2	3	4	5	6	7	8	9	10		

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