



Licensed Psychologist and Author of *Eat It Up!*

### EMOTIONAL EATING AWARENESS

	Urge	Situation	Thoughts	Mad (1-10)	Sad (1-10)	Scared (1-10)	Glad (1-10)	Other (1-10)	Consequences	Options
Mon										
Action (Y/N)										
Tues										
Action (Y/N)										
Wed										
Action (Y/N)										
Thurs										
Action (Y/N)										
Fri										
Action (Y/N)										
Sat										
Action (Y/N)										
Sun										
Action (Y/N)										

