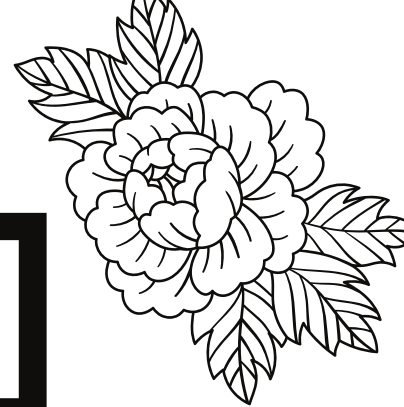


RECOVERY FOOD JOURNAL

Date:



Challenges:

Wins:

BREAKFAST

Goal:

Food:

Emotion:

Thoughts:

SNACK

Goal:

Food:

Emotion:

Thoughts:

LUNCH

Goal:

Food:

Emotion:

Thoughts:

SNACK

Goal:

Food:

Emotion:

Thoughts:

DINNER

Goal:

Food:

Emotion:

Thoughts:

SNACK

Goal:

Food:

Emotion:

Thoughts:



RECOVERY FOOD JOURNAL



What you eat does not define you. Eat the thing that scares you today.

Date: :	Goal	Food	Emotion	Thoughts
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				

REFLECTION

Today's Wins:

Today's Challenges:

Thoughts and Emotions:

Blank space for writing Today's Wins.

Blank space for writing Today's Challenges.

Blank space for writing Thoughts and Emotions.