

Eating Behavior Diary

Day/Date _____

Time	Location or Place	Food/Beverage and Portion	Degree of Hunger ₁	Social Situation ₂	Comments ₃

- 1 Use rating scale of: 1 – not hungry, 2 = moderately hungry, 3 = very hungry
- 2 Who were you with? What were you doing?
- 3 Include feelings (e.g., sad, bored, angry), thoughts (e.g., eating out with friends), concerns (e.g., stressed out at work)

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