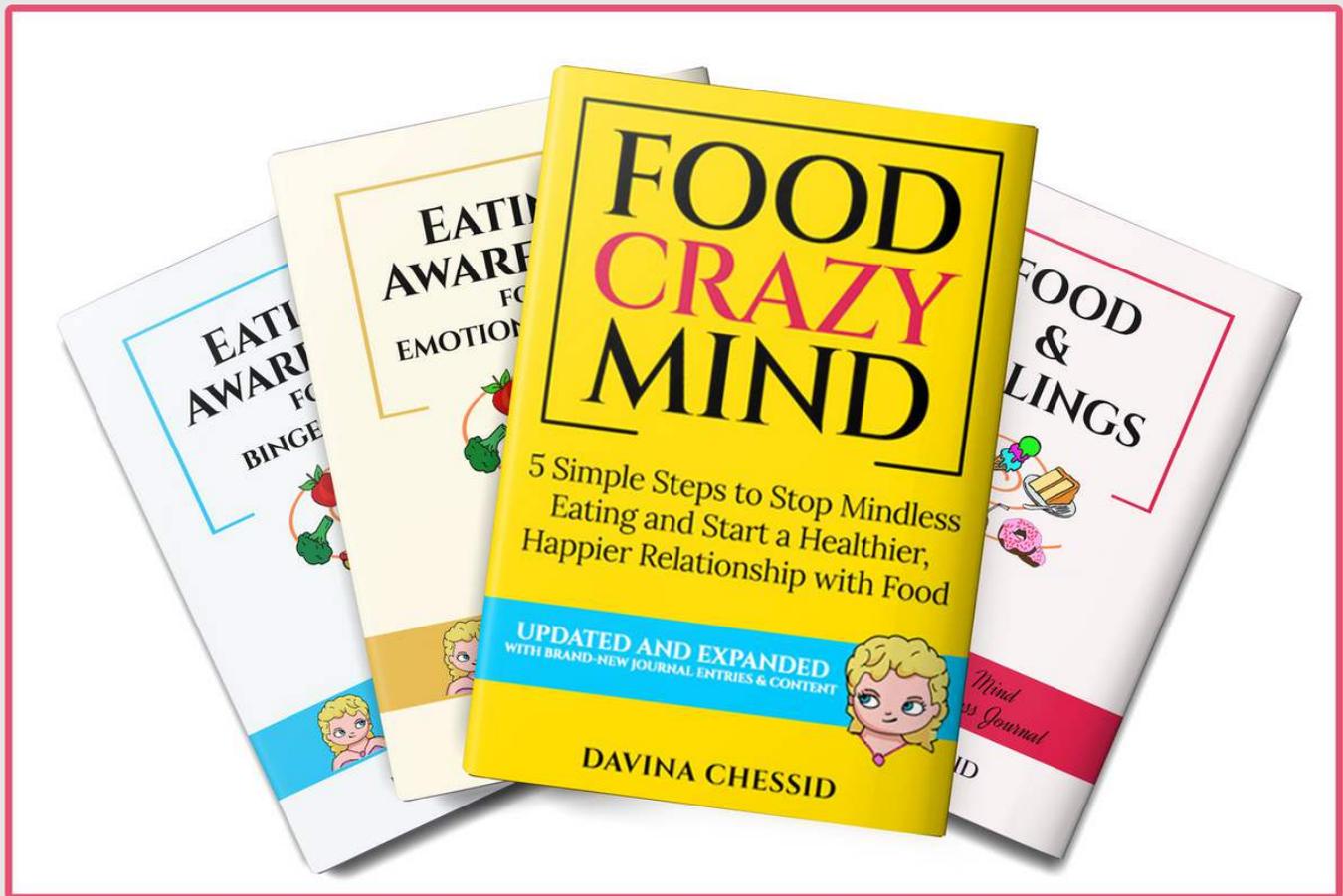


EATING AWARENESS JOURNAL TEMPLATE PACK

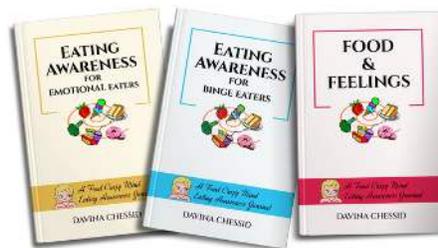


3 JOURNAL TEMPLATES
CHOOSE THE STYLE THAT'S RIGHT FOR YOU
FROM FOOD **CRAZY MIND**

The Food Crazy Mind Eating Awareness Journals

The path to wellness is different for each of us, especially when it comes to navigating out-of-control eating. That's why the *Eating Awareness Journals*, inspired by the book *Food Crazy Mind*, were created: to gently guide self-reflection and growth for those who struggle with emotional eating, binge eating, or other forms of eating that may feel difficult to manage.

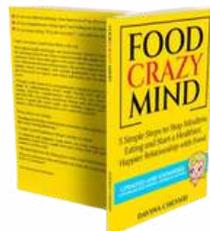
This packet offers sample templates so you can explore and discover which approach best fits your needs. You can return to them as often as you like—print them, reuse them, and make them your own. Or if you'd prefer a ready-to-use version, all three journals are available on Amazon.com.



Available on Amazon.com

Have you read *Food Crazy Mind* yet?

Food Crazy Mind is the book that inspired these Eating Awareness Journals—it's a deep, personal exploration of the patterns and beliefs that drive out-of-control eating. The updated and expanded edition is available on Amazon.com! Transformation begins with awareness. Self-reflection, self-compassion, and small daily steps can spark lasting change, so let journaling become a source of clarity and empowerment on your path to wellness.



Available on Amazon.com

Please note: These templates are not a substitute for professional medical or psychological advice. If you have a diagnosed eating disorder, you may want to seek guidance and treatment from a qualified healthcare provider.

TEMPLATE #1

FOOD & FEELINGS



*A Food Crazy Mind
Eating Awareness Journal*

DAVINA CHESSID

TEMPLATE #2

EATING AWARENESS FOR EMOTIONAL EATERS



*A Food Crazy Mind
Eating Awareness Journal*

DAVINA CHESSID



EATING AWARENESS TEMPLATE for Emotional Eaters

Day _____ Date _____

Directions:

- Writedown what you eat and when.
- Describe your emotions briefly in the chart.
- Use the journaling page to describe how you feel in greater detail.

Time	Food and Drink	My Emotions		
		Before Eating	During	After Eating

TEMPLATE #3

EATING AWARENESS FOR BINGE EATERS



*A Food Crazy Mind
Eating Awareness Journal*

DAVINA CHESSID



EATING AWARENESS TEMPLATE for Binge Eaters

Day _____ Date _____

Directions:

- Write down what you eat and when.
- Write down how you feel physically and emotionally.
- Place a check mark (✓) next to any food or drink choices that represent binge behavior for you.

Time	Food and Drink	How I Feel (Physically and Emotionally)	✓ (Binge)



Directions:

- At the end of each day, look at the foods and drink that led to out of control behavior. Write down the circumstances around your choices.
- It's a great idea to keep a journal or notebook next to you so you have additional space to write.

Binge Food/Drink	Detailed Notes

This template is based on the [Eating Awareness Journal for Binge Eaters](#), available on Amazon.com.



FOODCRAZYMIND.COM