DATE

Instructions: Do this worksheet when you eat off plan or overeat. No shame or blame, just gathering data to use and learn from.

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1. What and how much did I eat that wasn't planned?
2. Where I was and what time it was:
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3. What triggered it?
4. Thoughts I was telling myself when it happened:
5. I was feeling:
6. Did I try to resist or did I just react?
7. Did I try to allow the feeling? What worked, what didn't?
8. What did I learn from this?
9. What do I want to do next time?
5. WHAT GOT WAITE TO GOTIEST TIME: