

Personal Observations Form

When completing your food journal and observations form, please take into consideration the following about your meals and beverages consumed. Your thoughts on these questions can shed more light on your eating patterns.

- How was my energy before and after the meal?
- What foods affected my mood? Did any foods make me feel unhappy?
- Did any foods make me feel guilty, happy, and content?
- Did I eat an appropriate portion size or did I overeat?
- Was my eating triggered in response to emotions? Eating when feeling sad, depressed, or stressed?
- Did I feel well and thoughtful when preparing the meal?
- Was I preparing the meal for others and myself?
- Did I enjoy my meal and chew slowly?
- Was I engaged in other activities while eating?
- Did I enjoy the meal?
- Why do I eat? Hunger, socializing, boredom, procrastination, stress, joy, sadness?
- How did exercise determine what I ate?
- Was I satisfied with my meal?