PRINTABLE JOURNAL · 30 DAYS

30-Day Food & Mood Journal

An emotional eating journal for women who want to understand their cravings, without shame



Hunger-fullness scale | Trigger map | 5-minute pause plan | Weekly pattern reviews

By Coach Luke | NASM-CPT, NESTA Nutrition Coach

Real advice. No gimmicks. No shame.

START HERE

How to Use This Journal

This is a self-awareness journal. It helps you notice **when** you eat, **how hungry** you are and **how you feel**, so the pattern behind your cravings becomes clear. There's nothing to count and nothing to pass or fail.

Before Day 1

- Read the hunger cheat sheet and the 1–10 scale.
- Fill in your Trigger Map. Guesses are fine.
- Write your 5-Minute Pause Plan.
- Circle a few ideas on your "What I Need Instead" menu.

Each day (5 minutes)

- Jot each meal or snack in words, not numbers.
- Rate hunger before and after (1–10).
- Add a mood word before and after.
- Tick the trigger, note what helped, answer the prompt.

Every 7 days

Do the Weekly Pattern Review after Days 7, 14, 21 and 28. Look for repeats: the same time, the same place, the same feeling.

After Day 30

Finish with the 30-Day Reflection. Keep what helped and let go of what didn't.

A FEW GROUND RULES

- **Curiosity, not judgment.** Every entry is a clue, never a grade.
- **No food is "good" or "bad" here.** Write what you ate in plain words.
- **Missed a day?** Pick up where you are. Gaps are information too.
- **Short is fine.** One honest line beats a perfect page.

This journal is not therapy and is not a treatment for binge eating or any eating disorder. If eating often feels out of control, see the Extra Support page and talk with your doctor.

CHEAT SHEET

Physical vs Emotional Hunger

Both kinds of hunger are real, and both deserve attention. They just need different answers. Use this page when a craving shows up and you're not sure which one it is.

	PHYSICAL HUNGER	EMOTIONAL HUNGER
Comes on	Gradually, over hours	Suddenly, often after a feeling
Feels like	Stomach signals: growling, emptiness, low energy	A craving in your head or mouth
Wants	Almost any meal sounds good	One specific comfort food, now
Timing	Can wait a little while	Feels urgent
When full	Easy to stop	Easy to keep going past full
Afterward	Satisfied, steady	Often guilt, or the feeling is still there

The 3-question check

1. When did I last eat a real meal? 2. Would a plain meal sound good right now? 3. What was I feeling just before the urge?

If you ate recently, only one food will do, and a feeling came first, you're probably facing emotional hunger. Turn to your Pause Plan.

MY PHYSICAL HUNGER SIGNS

MY EMOTIONAL HUNGER SIGNS

Eating for comfort sometimes is normal. The goal is to have more than one way to feel better.

YOUR MAIN TOOL

The Hunger-Fullness Scale

Rate your hunger before and after you eat. Don't aim for a perfect number. You're simply learning to hear your body's signals again.

1	**Starving**	Shaky, irritable, light-headed. Anything will do.
2	**Very hungry**	Hard to focus, stomach growling loudly.
3	**Hungry**	Clear hunger. A good time to eat a meal.
4	**Starting to feel hungry**	First gentle signals. Plan your next meal.
5	**Neutral**	Not hungry, not full. Comfortable.
6	**Lightly satisfied**	The edge is gone. You could stop here.
7	**Comfortably full**	Satisfied and content. A great place to stop.
8	**Full**	A little past comfortable. Slightly heavy.
9	**Very full**	Uncomfortable. Clothes feel tight.
10	**Stuffed**	Painfully full. You want to lie down.

SWEET SPOTS

Start eating around **3–4**. Stop around **6–7**.

WORTH NOTICING

Eating at **5 or above** often points to a feeling. Waiting until **1–2** often leads to overeating later.

KNOW YOUR PATTERNS

My Trigger Map

Most emotional eating comes from a handful of repeat triggers. Fill in what you already know about yours. You'll add more as the weeks go on.



Stress

Deadlines, worry, too much on my plate.

It shows up when...

I usually reach for...

What I really need is...



Boredom

Nothing to do, restless, wanting a lift.

It shows up when...

I usually reach for...

What I really need is...



Loneliness

Wanting company, comfort or a hug.

It shows up when...

I usually reach for...

What I really need is...



Tired

Low sleep, low energy, running on empty.

It shows up when...

I usually reach for...

What I really need is...



Celebration

Parties, treats, wanting to mark a moment.

It shows up when...

I usually reach for...

What I really need is...



Habit or place

The couch, the car, the 3 PM office snack.

It shows up when...

I usually reach for...

What I really need is...

FOR THE MOMENT A CRAVING HITS

My 5-Minute Pause Plan

The pause isn't about saying no to food. It's about giving yourself a real choice. Five minutes is often enough for the urge to soften.

1. **Stop and name it**
   Say it out loud or in your head: "I want to eat, and I'm feeling ____."
2. **Breathe**
   Take three slow breaths. Breathe out longer than you breathe in.
3. **Rate your hunger**
   Where are you on the 1–10 scale? Below 4 means real hunger, so eat a proper meal.
4. **Ask what you need**
   Check your "What I Need Instead" menu. Pick one idea that fits the feeling.
5. **Choose and check back**
   Do it for 5 minutes. Still want the food? Plate it, sit down and enjoy it, with no guilt.

MY PAUSE WORDS (WHAT I'LL SAY TO MYSELF)

MY 3 GO-TO SWAPS

WHERE I'LL KEEP THIS PLAN

IF I STILL EAT, I'LL REMIND MYSELF…

YOUR MENU OF OPTIONS

"What I Need Instead" Menu

When food is doing a job for you, ask which job it is. Tick the ideas you like and add your own on the lines.

Rest

- [ ] Lie down for 10 minutes
- [ ] Go to bed 30 minutes earlier
- [ ] Close my eyes and breathe
- [ ] Say no to one extra task

Connection

- [ ] Text or call a friend
- [ ] Hug someone I love
- [ ] Sit with my pet
- [ ] Join a group or class

Movement

- [ ] Walk around the block
- [ ] Stretch for 5 minutes
- [ ] Dance to one song
- [ ] Step outside for fresh air

Comfort

- [ ] Warm shower or bath
- [ ] Cup of tea in a cozy spot
- [ ] Soft blanket and a show
- [ ] Write out what I feel

Fun

- [ ] Play music I love
- [ ] A hobby: puzzle, craft, garden
- [ ] Read a chapter
- [ ] Plan something to look forward to

Fuel

- [ ] A real meal with protein and fiber
- [ ] A glass of water first
- [ ] A snack I'll sit down to enjoy
- [ ] Plan tomorrow's meals

FOOD & MOOD LOG

Day 1

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

What made me want to start this journal right now?

FOOD & MOOD LOG

Day 2

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

When did I feel most like myself today?

FOOD & MOOD LOG

Day 3

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

What does real hunger feel like in my body? Where do I notice it first?

FOOD & MOOD LOG

Day 4

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

What feeling showed up most today, and what was it asking for?

FOOD & MOOD LOG

Day 5

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

Which time of day feels hardest around food, and why might that be?

FOOD & MOOD LOG

Day 6

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

What did I eat today that I truly enjoyed? What made it enjoyable?

FOOD & MOOD LOG

Day 7

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

What did I learn about myself in this first week?

AFTER DAY 7

Week 1 Pattern Review



Look back over the last seven pages. Tick each trigger that showed up on each day, then add up the row.

TRIGGER	D1	D2	D3	D4	D5	D6	D7	TOTAL
Stress								
Boredom								
Loneliness								
Tired								
Celebration								
Habit or place								
Just hungry								

WHEN I ATE FOR FEELINGS, MY HUNGER WAS USUALLY

around ____ / 10

MY HARDEST TIME OR PLACE

_____

WHAT HELPED MOST THIS WEEK

ONE SMALL EXPERIMENT FOR NEXT WEEK

ONE KIND THING I WANT TO REMEMBER

FOOD & MOOD LOG

Day 8

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

If stress had a voice today, what would it have said?

FOOD & MOOD LOG

Day 9

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

What is one thing I can take off my to-do list this week?

FOOD & MOOD LOG

Day 10

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

When I feel bored, what do I really want: rest, fun or a change of scene?

FOOD & MOOD LOG

Day 11

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

Who could I reach out to the next time I feel lonely?

FOOD & MOOD LOG

Day 12

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

How did last night's sleep shape my choices today?

FOOD & MOOD LOG

Day 13

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

Which food memory brings me comfort? What feeling sits behind it?

FOOD & MOOD LOG

Day 14

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

What is one pattern from this week that surprised me?

AFTER DAY 14

Week 2 Pattern Review

Look back over the last seven pages. Tick each trigger that showed up on each day, then add up the row.

TRIGGER	D8	D9	D10	D11	D12	D13	D14	TOTAL
Stress								
Boredom								
Loneliness								
Tired								
Celebration								
Habit or place								
Just hungry								

WHEN I ATE FOR FEELINGS, MY HUNGER WAS USUALLY

around ____ / 10

MY HARDEST TIME OR PLACE

_____

WHAT HELPED MOST THIS WEEK

ONE SMALL EXPERIMENT FOR NEXT WEEK

ONE KIND THING I WANT TO REMEMBER

FOOD & MOOD LOG

Day 15

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

What would I say to a friend who ate the way I did on a hard day?

FOOD & MOOD LOG

Day 16

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

What is one small thing I did well today, food or not?

FOOD & MOOD LOG

Day 17

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

Where did I eat today, and did the place change how I ate?

FOOD & MOOD LOG

Day 18

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

Which old food rule am I ready to question?

FOOD & MOOD LOG

Day 19

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

How could I make my next meal feel a little calmer?

FOOD & MOOD LOG

Day 20

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

What does comfort mean to me, besides food?

FOOD & MOOD LOG

Day 21

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

Which pause tool has worked best for me so far?

AFTER DAY 21

Week 3 Pattern Review

Look back over the last seven pages. Tick each trigger that showed up on each day, then add up the row.

TRIGGER	D15	D16	D17	D18	D19	D20	D21	TOTAL
Stress								
Boredom								
Loneliness								
Tired								
Celebration								
Habit or place								
Just hungry								

WHEN I ATE FOR FEELINGS, MY HUNGER WAS USUALLY

around ____ / 10

MY HARDEST TIME OR PLACE

_____

WHAT HELPED MOST THIS WEEK

ONE SMALL EXPERIMENT FOR NEXT WEEK

ONE KIND THING I WANT TO REMEMBER

FOOD & MOOD LOG

Day 22

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

What is one need I keep putting last?

FOOD & MOOD LOG

Day 23

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

How did I celebrate something this week? How else could I celebrate?

FOOD & MOOD LOG

Day 24

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

What did my body tell me today that I usually ignore?

FOOD & MOOD LOG

Day 25

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

What helps me notice when I'm comfortably full?

FOOD & MOOD LOG

Day 26

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

What does a good-enough day of eating look like for me?

FOOD & MOOD LOG

Day 27

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

What am I proud of from the past four weeks?

FOOD & MOOD LOG

Day 28

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

Which trigger has lost some of its power, and how did that happen?

AFTER DAY 28

Week 4 Pattern Review

Look back over the last seven pages. Tick each trigger that showed up on each day, then add up the row.

TRIGGER	D22	D23	D24	D25	D26	D27	D28	TOTAL
Stress								
Boredom								
Loneliness								
Tired								
Celebration								
Habit or place								
Just hungry								

WHEN I ATE FOR FEELINGS, MY HUNGER WAS USUALLY

around ____ / 10

MY HARDEST TIME OR PLACE

_____

WHAT HELPED MOST THIS WEEK

COMPARED WITH WEEK 1, WHAT HAS CHANGED?

ONE SMALL EXPERIMENT TO KEEP GOING

ONE KIND THING I WANT TO REMEMBER

FOOD & MOOD LOG

Day 29

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

What do I want to keep doing after this journal ends?

FOOD & MOOD LOG

Day 30

Date: _____

TIME	WHAT I ATE (IN WORDS)	HUNGER 1–10	MOOD BEFORE / AFTER	WHERE / WITH WHOM
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	
		B ___ / A ___	B: A:	

TODAY'S MAIN TRIGGER

☐ Stress ☐ Boredom ☐ Loneliness ☐ Tired ☐ Celebration ☐ Habit or place ☐ Other: _____ ☐ Just hungry

WHAT HELPED

ONE KIND NOTE TO MYSELF

TODAY'S PROMPT

Which kind words would I like to hear more often? Write them to myself.

YOU MADE IT

30-Day Reflection

Thirty days of honest notes is a real achievement. Use your four weekly reviews to fill this in.

MY TOP 3 TRIGGERS

MY TOP 3 HELPERS

THE BIGGEST THING I LEARNED ABOUT MY HUNGER AND MY MOODS

HABITS I'M KEEPING FOR THE NEXT 30 DAYS

A SHORT, KIND LETTER TO MYSELF

YOU DON'T HAVE TO DO THIS ALONE

Extra Support

This journal is a self-awareness tool. It is not therapy, and it is not a treatment for binge eating or any eating disorder. Some patterns need more than a journal, and that is nothing to be ashamed of.

Talk with your doctor if you...

- often eat large amounts while feeling out of control
- eat in secret, or feel intense shame or distress afterward
- skip meals, make yourself sick or exercise to "make up" for eating
- feel low, anxious or hopeless most days

Your doctor can check your health and refer you to a dietitian or therapist who specializes in eating concerns.

EATING DISORDER SUPPORT

National Alliance for Eating Disorders

Free helpline, staffed by licensed therapists:

1-866-662-1235

Monday–Friday, 9 AM–7 PM Eastern

IN CRISIS OR THINKING OF SELF-HARM

988 Suicide & Crisis Lifeline

Call or text, 24 hours a day, 7 days a week (US):

988

In an emergency, call 911.



MY SUPPORT PEOPLE AND NUMBERS

Outside the US, please contact your local doctor or emergency services. Helpline details were checked in October 2026.

THANK YOU

Be patient with yourself.

Emotional eating isn't a character flaw. It's a way of coping that worked for you once. Every page you filled in gave you more choices. Keep the tools that helped, and come back to this journal whenever life gets loud.



Coach Luke

NASM-CPT, CES, PES · NESTA Nutrition Coach · 20+ years coaching

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FREE BUYER BONUS

Your free bonus

Thank you for buying from my shop on coachluke.com. Two extras come with your journal:

1. YOUR COACHING CHECK-INS

Ten short emails from Coach Luke

They start automatically after your purchase and run across your 30 days: a welcome email right away, help with your Trigger Map and the hunger scale, a nudge at each weekly review, support for the harder days and a simple plan for what to keep after Day 30. Watch your inbox (and your Promotions tab) for an email from Coach Luke. You can unsubscribe any time.

2. THE FREE RESOURCE LIBRARY

Free printable guides and trackers

Printable guides, checklists and trackers from coachluke.com, all free. Scan the code with your phone camera or tap the link.

coachluke.com/free-library

Trouble with your file or a question about the journal? Email **coach@coachluke.com**.

This journal is a self-awareness tool, not therapy or medical care. Helplines are on page 43.

