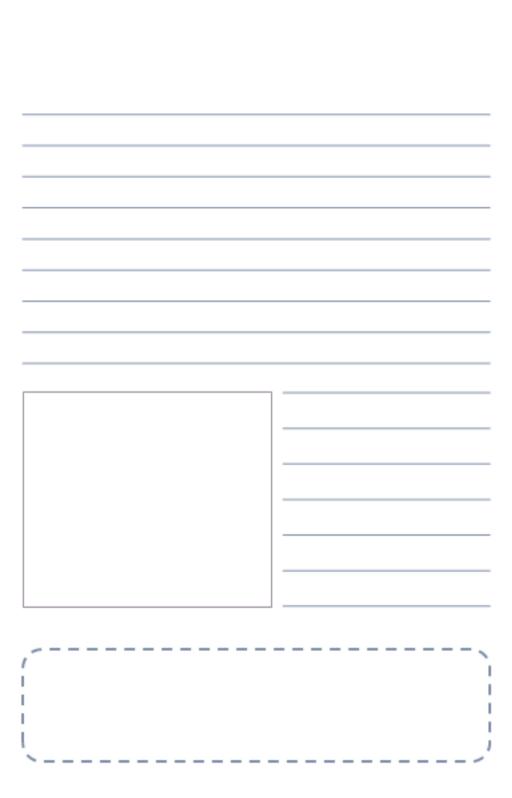
# Mindful Journal

Date:	



#### Notes



## Daily Check-In

Today I'm Thinking About:
Today I'm Feeling:
Today I'm Grateful For:
Today I'm Working On:

#### Mood Tracker

Mood	М	Т	w	Т	F	S	S

Instructions: Write in your moods, then assign a color to each mood. Color in squares on the tracker for each mood you experience.

#### Gratitude

This Week I Am Grateful For:

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Sat/Sun	

#### Mindful Eating Log

Food	Hunger 1-10	Fullness 1-10
Food	Hunger 1-10	Fullness 1-10
Food	Hunger 1-10	Fullness 1-10
Food	Hunger 1-10	Fullness 1-10

## Food Diary

Date	Breakfast	Lunch	Dinner

### Trigger Log

Date	Trigger	Duration	Notes

#### Journal Prompt

## What inspired you to try mindful eating?

Fournal Prompt:	What, if anythin	ng is bothering
	you, right	now?
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