



Gratitude Journal



Take the time to reflect on your meals and practice gratitude!

Date:

What food did I enjoy today?

How did it make me feel?

What am I grateful for about my meals today?



Mindful Eating Journal



Take the time to reflect on your meals and practice mindfulness!

Date:

What food did I eat today? Why did I eat it?

How did it smell? How did it taste?

How was its texture?