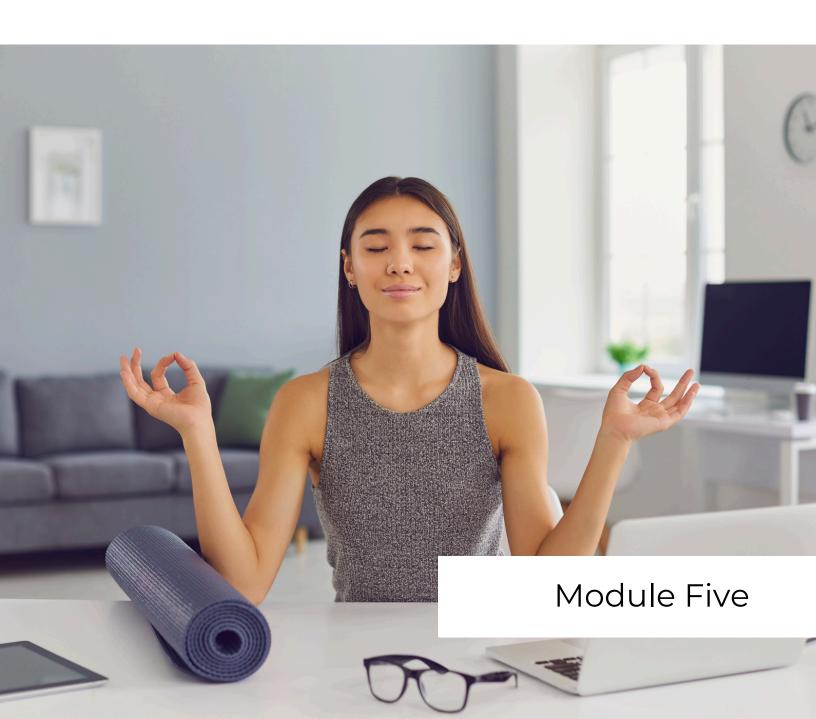
EMOTIONAL EATING AND MINDFUL PRACTICES

CULTIVATING AWARENESS AND INTENTIONAL CHOICES

PARTICIPANT'S NAME:_____DATE_____



Emotional Eating Reflection

What emotions most often trigger my eating?
What patterns have I noticed?

Mindful Eating Tracker

Meal	How I Felt Before Eating	How I Felt After Eating	Notes