



Julie Clark

Emotional Eating Check In – Date: _____

What are you doing –at the time the craving/self-sabotage/thought to eat comes to mind?

What foods are you thinking about/craving?

What is the time(s) of day?

What did you want to eat/actually eat?

How did you feel before you ate & how did you feel afterwards?

Anything else that has come to mind?



Can you think of any times in your life that food has played a big part in your emotional well-being?