FOOD JOURNAL

Keeping a food journal is a very important and necessary part of weight reduction. Why? It is very easy to stick food in our mouth without realizing we are even doing it. Tasting, munching, hypnotically eating is a habit that needs to be broken and changed in order to be successful and releasing weight and maintaining our new weight.

The other reason I ask for a food journal is to really keep track of why we eat. Much of eating is emotional. We feed our emotions. Even the big one, "I deserve it," is emotional and doesn't serve us in any positive way whatsoever.

So, here is what I would like you to do. Buy a small notebook and keep track of the items mentioned below. Or if you prefer, you may create a chart – whatever works for you is fine with me. I would just like it to be convenient to carry with you. If you try to remember and write in it at the end of the day – that won't work – you will not be able to recall everything or the emotions behind your eating.

I would like to bring your food journal to each visit you have with me so that we might discuss how we might work on issues that aren't working for your benefit.

I would like your food journal to contain the following:

- Date
- Time
- What you ate – including anything you added to it (hamburger – added catsup and mustard)
- What you drank
- Where you ate – standing at the kitchen counter, in front of the TV, at your desk (none of these are the way you really want to eat) or at the dining room or kitchen table (the best place to eat).
- What you are feeling emotionally and/or physically.
- Here is an additional one that can help with finding food allergies – how do you feel an hour after you eat?

I know it sounds like a lot, but this method will really make you more observant of your eating habits.

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