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| End Emotional Eating Diary Card | Mon | Tues | Wed | | Thurs | Fri | Sat | Sun |
| Notice and Label Emotions  (specify emotions and intensity  on a scale of 1-10) |  |  |  |  | |  |  |  |
| Accept Emotions |  |  |  |  | |  |  |  |
| Practice Willingness |  |  |  |  | |  |  |  |
| Notice Emotional Eating  (specify when and where) |  |  |  |  | |  |  |  |
| Practice Mindfulness  Formally:  Informally:  Mindful Eating:  Breakfast:  Lunch:  Dinner:  Snacks: |  |  |  |  | |  |  |  |
| Eat at Moderate Hunger,  Stop at Moderate Fullness |  |  |  |  | |  |  |  |
| Notice Mind States  (Emotion, Reasonable, Wise) |  |  |  |  | |  |  |  |
| Reduce Vulnerability  Add Positives:  Build Mastery:  Cope Ahead: |  |  |  |  | |  |  |  |
| Notice and Surf Urges |  |  |  |  | |  |  |  |
| Observe Thoughts and  Catch  Interpretations |  |  |  |  | |  |  |  |
| Distress Tolerance  Review Costs and Benefits:  Soothe:  One Moment at a Time:  With Other Senses:  Find Meaning:  Contribute: |  |  |  |  | |  |  |  |
| Self Compassion  Notice Critical Thoughts:  Practice Loving-kindness:  Ask Clearly: |  |  |  |  | |  |  |  |
| Focus on Higher Values |  |  |  |  | |  |  |  |
| Notice AIBS |  |  |  |  | |  |  |  |
| Catch Capitulating |  |  |  |  | |  |  |  |

Notes on the week:

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| Mon |
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