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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 MindfulnessFormally:Informally:Mindful Eating:Breakfast:Lunch:Dinner:Snacks: |  |  |  |  |  |  |  |
| Eat at Moderate Hunger, Stop at Moderate Fullness |  |  |  |  |  |  |  |
| Notice Mind States (Emotion, Reasonable, Wise) |  |  |  |  |  |  |  |
| Reduce VulnerabilityAdd Positives:Build Mastery:Cope Ahead: |  |  |  |  |  |  |  |
| Notice and Surf Urges |  |  |  |  |  |  |  |
| Observe Thoughts and Catch Interpretations |  |  |  |  |  |  |  |
| Distress ToleranceReview Costs and Benefits:Soothe:One Moment at a Time:With Other Senses:Find Meaning:Contribute: |  |  |  |  |  |  |  |
| Self CompassionNotice Critical Thoughts:Practice Loving-kindness:Ask Clearly: |  |  |  |  |  |  |  |
| Focus on Higher Values |  |  |  |  |  |  |  |
| Notice AIBS |  |  |  |  |  |  |  |
| Catch Capitulating  |  |  |  |  |  |  |  |

Notes on the week:

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| Mon |
| Tues |
| Wed |
| Thurs |
| Fri |
| Sat |
| Sun |