



Mindful Eating Log

Day:

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

I ate 2-4 fruits today. I ate 3-5 vegetables today

I drank 6-8 glasses of water today

I ate three meals and 1-2 snacks.

All of my eating was conscious and purposeful.

I exercised today: _____

Thoughts:

"A journey of 1,000 miles begins with a single step." Thoreau

Amy Wilcoxon, MA, RD, LDN, CDE



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