

Your Food & Body TRACKING JOURNAL



By Leanne Lisbon. Mind Over Muffin.

7 REASONS WHY

YOU EMOTIONALLY EAT & HOLD ON TO WEIGHT

01

EMOTIONS

PAST AND CURRENT EMOTIONS TRIGGER CRAVINGS AND YOUR DESIRE TO EAT. EMOTIONAL 'BAGGAGE' (WEIGHT) THAT YOU'RE CARRYING MEANS YOU HOLD ON TO PHYSICAL WEIGHT.

02

BELIEF SYSTEMS

THESE ARE THE STORIES YOU RUN AROUND FOOD AND YOUR BODY THAT FORM THE BASIS OF YOUR HABITS, E.G 'FOOD = COMFORT.' 'I'LL NEVER BE SLIM.' THESE BELIEFS FORM YOUR IDENTITY.

03

PAST CONDITIONING

WHAT YOU LEARNED AS A CHILD AROUND FOOD AND BODY, DIRECTLY AND INDIRECTLY HAS FORMED THE BASIS OF YOUR FOOD & BPDY STORY, ONE THAT YOU STILL RUN TODAY.

04

HABITS

YOUR HABITS AROUND FOOD ARE RUNNING ON AUTOPILOT, TO THE POINT WHERE MOST OF THE TIME YOU DON'T EVEN REALISE YOU'RE EATING OR HAVE ANY IDEA WHY. BUT YET AGAIN YOU FIND YOURSELF AT THE FRIDGE.

05

DIET MINDSET

DIETS CREATE A MINDSET OF RESTRICTION AND DEPRIVATION. THIS WAY OF THINKING LEADS TO BINGEING AND OBSESSIVELY THINKING ABOUT FOOD, KEEPING YOU STUCK.

06

LACK OF FULFILMENT

ANY AREA OF LIFE THAT YOU'RE NOT FEELING FULFILLED IN CAN CREATE A VOID, THIS VOID NEEDS TO BE FILLED...HELLO FOOD. WITHOUT REALISING FOOD IS BEING USED BECAUSE YOU'RE UNHAPPY WITH OTHER THINGS IN LIFE.

07

PHYSICAL

THIS IS THE PHYSICAL EFFECTS YOU CAN EXPERIENCE FROM FOOD. E.G SUGAR. IF YOU'RE EATING A LOT OF IT, YOU'LL CRAVE MORE UNTIL YOU CLEANSE IT FROM YOUR SYSTEM.

FOOD

TRACKING JOURNAL

USE THIS JOURNAL TO TRACK YOUR EATING HABITS AND THOUGHTS AND FEELINGS AROUND YOUR BODY'

PAGE 1 IS TO TRACK YOUR EATING HABITS. WHEN YOU WANT TO EMOTIONALLY EAT OR BINGE EAT, USE THIS BEFORE YOU ACT. IF IT DOESN'T HAPPEN BEFORE DO IT AFTER. PAGE 2 IS FOR YOUR BODY.

DAY & TIME I WANTED TO EAT?	
THE FOOD I WANTED WAS...	
WHY DID I WANT IT?	
WHAT WAS I FEELING?	
WHAT THOUGHTS WERE PRESENT?	
WHAT WAS I TRYING TO GET FROM THE FOOD?	
WHAT DID I REALLY NEED?	
DID I EAT IT?	
IF YES HOW DID I FEEL AFTER/ IF NO HOW DO I FEEL ABOUT THAT NOW?	
WHAT IS A BETTER WAY TO GET WHAT I WAS REALLY NEEDING?	
CATEGORY OF EATING. (E.G WHICH OF THE 7 REASONS)	

REPEAT THIS TRACKER OFTEN, IT WILL START TO REVEAL SOME OF THE DEEPER REASONS WHY YOU ARE USING FOOD. EACH TIME YOU WANT TO EAT USE THE TRACKER AGAIN OR SIMPLY ANSWER THE QUESTIONS IN YOUR JOURNAL.



BODY

TRACKING JOURNAL

USE THE CHART BELOW TO TRACK YOUR THOUGHTS AND FEELINGS AROUND YOUR BODY. PAY ATTENTION TO YOUR THOUGHTS AND EMOTIONS THAT ARISE.

TODAY I THOUGHT ' X' ABOUT MY BODY.	
THESE THOUGHTS MADE ME FEEL...	
THESE THOUGHTS COME FROM...	
WHAT IS THIS REALLY ABOUT? IS THERE SOMETHING DEEPER ON MY MIND?	
WHAT HAPPENED AFTER THESE THOUGHTS AND FEELINGS?	
HOW DID I MOVE THROUGH THIS?	
WHAT COULD I DO TO MAKE ME FEEL MORE POSITIVE ABOUT MY BODY NOW?	
WHAT IS THIS REALLY ABOUT?	
CATEGORY. (E.G WHICH OF THE 7 REASONS)	

BY BRINGING CONSCIOUS ATTENTION TO YOUR EATING HABITS AND THOUGHTS & FEELINGS AROUND YOUR BODY IT ALLOWS YOU TO BE AWARE OF WHAT'S HAPPENING INTERNALLY CREATING THE EXTERNAL BEHAVIOUR. ONCE WE KNOW WHY THIS IS HAPPENING WE CAN MOVE FORWARDS WITH CHANGING THE BEHAVIOUR.

