**Session 3 – Mindful Eating Journal**

*(handout 3)*

**Using Handout 1, complete the eating journal below when you eat or want to eat.**

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| **Date** | **Time** | **Situation** | **Hunger Rating** |  | **Date** | **Time** | **Situation** | **Hunger Rating** |
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**Make note of your experiences, successes, challenges, and goals with mindful eating.**