

The ME Log™

Time:						
What I ate:						
What I was doing:						
What I was feeling (an emotion):						
Hunger level before eating:						
Hunger level after eating:						
What I was really hungry for (a specific food or something else):						
How I felt after eating:						
Comments or observations:						

**** You'll want to make copies of this form**

You can download a copy of this form for your personal use here: <http://toomuchonherplate.com/melog.pdf>