

For each day, write down what you ate at each mealtime and when you ate it. Aim to spend 30 minutes eating the main meal and 15 minutes eating the snacks.

Day of the lunar month	1	2	3	4	5	6	7
Weekday							
I woke up feeling... today							
Breakfast What did I eat? What time?							
How long did I take to finish the meal?							
Hungry before?							
How did I feel afterwards?							
Snack What did I eat? What time? Did I sit down to eat?							

Day of the lunar month	1	2	3	4	5	6	7
How long did I take to finish it?							
Hungry before?							
How did I feel afterwards?							
Lunch What did I eat? What time?							
How long did I take to finish the meal?							
Hungry before?							
How did I feel afterwards?							
Snack What did I eat? What time?							
How long did I take to finish it?							

Day of the lunar month	1	2	3	4	5	6	7
Hungry before?							
How did I feel afterwards?							
Dinner What did I eat? What time?							
How long did I take to finish the meal?							
Hungry before?							
How did I feel afterwards?							
Late night indulgence							
Hungry before?							
How did I feel afterwards?							

Day of the lunar month	1	2	3	4	5	6	7
Did I have raw ginger or ginger tea today?							
I went to bed feeling ... today							