




**FOOD &
LIFESTYLE
JOURNAL**

**TO FIND THE TRIGGERS
FOR OVEREATING**

YOU ARE WHAT YOU EAT AND THINK

RITA MAY




Eating is a quick, reliable, effective, cheap, easy way to not feel, switch off, zone out for a while, to escape from an emotionally uncomfortable feeling (stress, anxiety, boredom, fear of failure or success, loneliness, lack of control, low self-esteem...).

We learned to use food to anesthetize ourselves accidentally through trial and error or from someone else (parent, sibling, friend, role model). This was the best coping mechanism we could come up with at that point in our life.

A food journal is the most honest and least biased source of information that you will have at your disposal. There probably won't be anything as convincing as your own handwriting.

Being able to see what your habits are throughout the week gives you a good idea of how you spend your time and when you eat.



First, you need to see whether you feel physical or emotional hunger before overeating. In this Instagram post, I listed the common differences between physical and emotional hunger.

DIFFERENCE BETWEEN EMOTIONAL & PHYSICAL HUNGER

EMOTIONAL HUNGER

- Strikes suddenly
- Urgent & overwhelming
- Craving for specific comfort foods
- It's a craving we can't get out of our head
- It isn't over when the stomach is full
- Eating triggers negative emotions (guilt, powerlessness, shame)

PHYSICAL HUNGER

- Becomes stronger gradually
- It can wait
- Anything sounds good, including healthy foods
- Felt in the stomach (growling, pang)
- Stops when the stomach is full
- Eating is satisfying, positive emotions

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If you find that your trigger is physical hunger, make sure you drink enough water, sleep enough, eat mindfully, avoid restrictive diets, eat nutritious foods most of the times, and read the side effects of your medications.

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However, you will most likely find emotional reasons for overeating too.

What can be a trigger for emotional overeating? Is it stress? Who were you talking to before you ate food? Maybe it's a time of day, or a situation, or a type of food, or another person (or being alone), or a feeling – or all of these.

These posts help too:


[5 reasons for overeating and self-sabotaging yourself](#)

[Overeating during lockdown – what to do to stop it](#)

[How to stop overeating during lockdown – part 2](#)

[How To Prevent Or Stop Overeating With Mindfulness – 5 Simple Steps](#)

These pieces of information could be the key to setting you free from overeating, but it only works if you're willing to be as honest as possible.



If you need help reviewing your completed Food and Lifestyle Journal to find the triggers for your overeating habit, feel free to send it to me.

After review, you'll receive an assessment with my observations and recommendations for improvements. Please allow 7-10 days for your audit to be returned to you.

You can place an order here.

We can also have an online conversation where you ask your questions and we talk about your problems.

You can place an order here:
hello@ritamayblog.com



FIND YOUR TRIGGERS FOR OVEREATING

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Date: _____ Name: _____

FOOD JOURNAL

Breakfast		Time		Location	
Before Eating		Foods & Liquids	Portions	After Eating	
Degree of hunger (0-10)	Thoughts, Feelings, Activities			Degree of hunger (0-10)	Thoughts, Feelings, Activities

Snack 1		Time		Location	
Before Eating		Foods & Liquids	Portions	After Eating	
Degree of hunger (0-10)	Thoughts, Feelings, Activities			Degree of hunger (0-10)	Thoughts, Feelings, Activities

Lunch		Time		Location	
Before Eating		Foods & Liquids	Portions	After Eating	
Degree of hunger (0-10)	Thoughts, Feelings, Activities			Degree of hunger (0-10)	Thoughts, Feelings, Activities

Snack 2		Time		Location	
Before Eating		Foods & Liquids	Portions	After Eating	
Degree of hunger (0-10)	Thoughts, Feelings, Activities			Degree of hunger (0-10)	Thoughts, Feelings, Activities

Dinner		Time		Location	
Before Eating		Foods & Liquids	Portions	After Eating	
Degree of hunger (0-10)	Thoughts, Feelings, Activities			Degree of hunger (0-10)	Thoughts, Feelings, Activities

LIFESTYLE JOURNAL

Sleep/Relaxation	Movement	Stress	Relationships
Quantity in hours	Type of movement	Stress Level (1-10):	
Quality of Sleep ____ Poor ____ Average ____ Great	Strength training ____ Aerobic ____ Flexibility ____	Source(s) of Stress: Reduction Practice(s):	

Emotional and Mental triggers for overeating:

Which day of my period:

Notes:

HUNGER SCALE

1	I'm starving, I'm feeling weak and dizzy
2	Hangry, extremely hungry, irritable, lots of stomach growling
3	Pretty hungry, occasional stomach growling
4	Mildly hungry, could eat now
5	Satiated, neither hungry nor full
6	Mildly full without discomfort
7	Quite full with mild discomfort
8	Stuffed enough for more discomfort
9	Definitely ate too much, feeling tired, bloated, really uncomfortable
10	I'm never eating again, feeling sick

NOTES