

Time	Food/Drink	Location	Was I hungry?	Emotions/ Feelings
8 am	2 boiled eggs Oats with berries Black coffee	Table	Y	Had a good sleep, positive this morning, feeling refreshed.
1 pm	Chicken breast Quinoa and salad	Table	Y	I was starving by the time I got to eat. I was craving everything and stressed out from a meeting with my boss. I just feel like I need something to cope. Susan brought cookies into work and I couldn't resist. I ate one while other people were in the room and quickly ate 2 when no one was there. I feel so out of control. I can't believe I didn't stick to my diet. I am so angry with myself.
	3 Cookies	Standing in Kitchen	N	