



Date	What I ate, at which quantity, at what time, where ?	My emotions	My thoughts	Hunger level before the meal (0-10)	Relief level after the first few bites (0-10)	Satiety level right after the meal (0-10)	Satiety level 20 minutes after the meal (0-10)	Level of pleasure felt while eating (by type of food) (0-10)	How quickly your meal is taken. Your speed of chewing and swallowing (0-10)
Breakfast									
Lunch									
Snack									
Dinner									



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Drinks without meal									
Extra, excluding meal(s) or snack(s)									




The Food Diary

You will fill out your food diary before starting the phase 1. Do it on a daily basis. Record all your liquid and solid consumptions – everything you intake during and outside meals.

The food diary is a tool to objectify, memorize and trace food behavior. It allows you to record in writing the thoughts and emotions that accompany the act of eating. Filling out a food diary means, for example, noticing that the energy intake is correct during meals, but that the days are marked by nibbles following tensions or annoyances. The food diary highlights the behaviours that make you gain weight. **You will have in front of you the reality of your consumption, but also the way you eat... In what context, at what speed, with or without hunger, with or without conscience, respecting or not respecting your food signals under the influence of this or that thought, this or that emotion...**

You can download as many food diaries as you need at this link: <https://psychologue-diboues.com/la-tete-et-le-ventre/>

An example of a person's food diary is on the next page.

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Breakfast	Fasting	Fear	I hope I won't be hungry this morning.	3	-	-	-	-	-
Lunch	Noon 2 tomatoes with olive oil and salt 1 slice of bread 1 fillet of salmon (200g) 1 nice plate of beans with homemade tomato sauce 2 plain sugar-free yogurt 2 apples	Joy, satisfaction	It's nice to eat. It's weird not to eat in the morning.	8	10	8	10	Tomatoes = 8/10 Bread = 8/10 Salmon = 8/10 Beans = 6/10 Yogurt = 7/10 Apples = 6/10	5
Snack	4 pm 1 banana 1 apple	Joy, satisfaction, full of energy	I'm taking care of myself.	6	10	7	10	Banana = 8/10 Apple = 8/10	4
Dinner	7 pm 2 carrots 1 small slice of pizza with anchovie	Joy, satisfaction, fulfilled	I hope pizza doesn't make me	8	10	8	10	Carrots = 6/10 Pizza = 8/10	3

	Coconut beans with soy sauce 1 apple 1 Danette pudding		fat.					Beans = 6/10 Apple = 5/10 Danette pudding = 8/10	
Drinks without meal	3 large cups of sugar-free herbal tea in the morning 1 cappucino at 2pm 1 cappucino at 4pm (both sugar-free)	A little frustration with the herbal tea (it lacks sugar!!), Satisfaction with the cappucino	It's wierd not to put sugar in...	-	7	-	-	Herbal tea = 7/10	-
Extra, excluding meal(s) or snack(s)	2 natural yogurt without sugar at 5 pm	Upset (I had an argument with a colleague)	It's good to eat.	7	8	7 or 8	10		3