

## Becoming a Woman that C.A.R.E.S. HALT Food Diary

*Instructions: Record your food/beverage consumption for the next seven days and circle any emotions that accompany your choices.*

	List food/beverage consumed	Did you eat: Too much, Too Little, Just Right	Emotional Check: Hungry, Angry, Lonely, Tired
<b>MONDAY</b> Breakfast			H A L T
Lunch			H A L T
Dinner			H A L T
<b>TUESDAY</b> Breakfast			H A L T
Lunch			H A L T
Dinner			H A L T
<b>WEDNESDAY</b> Breakfast			H A L T
Lunch			H A L T
Dinner			H A L T
<b>THURSDAY</b> Breakfast			H A L T
Lunch			H A L T
Dinner			H A L T
<b>FRIDAY</b> Breakfast			H A L T
Lunch			H A L T
Dinner			H A L T

**Do you have any OBSERVATIONS/INSIGHTS? Did you observe any patterns?**

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