

Dancer's Mindful Eating Diary

Today's Date:
Breakfast/Time:
How I felt before eating:

After eating:

Snack/Time:
How I felt before eating:

After eating:

Lunch/Time:
How I felt before eating:

After eating:

Snack/Time:
How I felt before eating:

After eating:

Dinner/Time:
How I felt before eating:

After eating:

What's going on today...

Rehearsals:

Additional Cross-training:

Additional errands, tasks or chores:

Take note of:

Physical Symptoms: headache, nausea, fatigue, insomnia, shakiness, high energy, focus, strength, bright eyes, alertness.

Emotional Symptoms: anxious, depressed, restless, irritable, energized, humorous, happy, interested, calm.