CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Managing Emotional Eating

Managing emotional eating helps you establish a healthier relationship with food. Use this checklist to recognize triggers and develop better habits.



10 steps

Print-ready A4

NAME	START	TARGET DATE

1 Identify Emotional Triggers

Reflect on situations or feelings that lead to emotional eating.

EXAMPLE *Stress, boredom, or sadness.*

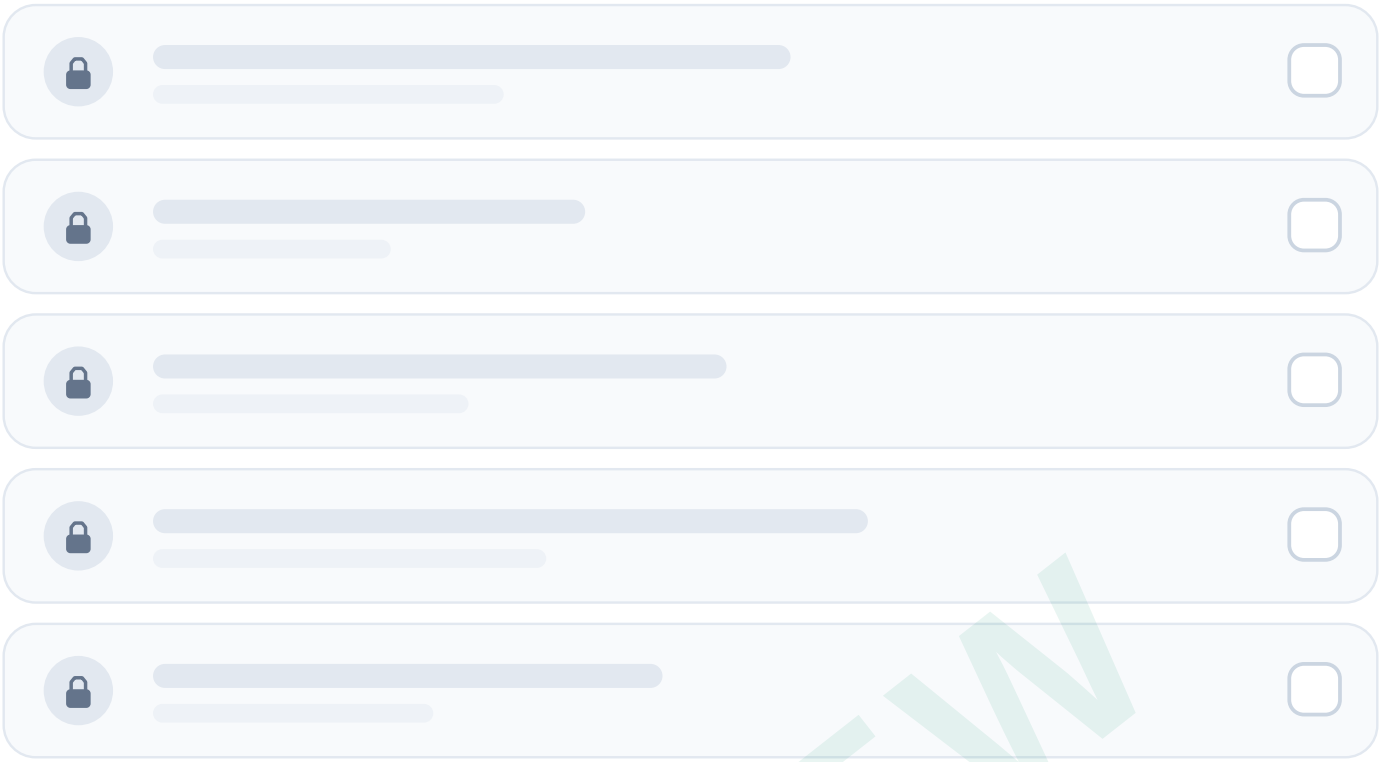
2 Pause and Assess Hunger

Before eating, ask yourself if you're physically hungry or seeking emotional comfort. Rate your hunger on a scale of 1 to 10 to understand your needs.

3 Keep a Food Journal

Log what you eat and how you feel before and after meals. Identify patterns that link emotions to eating habits.

PREVIEW



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PREVIEW