

**FOOD**  
**journal**

# hello FRIEND!

I created this food journal workbook so I could pay attention to what I eat. I tried tracking my food intake on my phone but I got too distracted with technology and the INTERNET. I also had a hard time keeping the process going for more than two weeks. Turns out my brain responds well when I am able to WRITE THINGS DOWN. Through this food journaling journey, not only have I been able to keep track with my daily entries in a creative way, I've learned how to navigate and trust myself through tricky decisions.

This workbook is here to help you **STOP, SLOW DOWN and PAY ATTENTION TO THE GOOD AND BAD HABITS YOU CREATE FOR YOURSELF**. It's not a way to count calories, it's a way to show up for yourself, give yourself grace, and keep working at your relationship with food. The more awareness you have, the easier it is to make choices that align with your values.

I believe that every meal is a way to understand your journey through feelings and coping mechanisms. Let's CREATE some useful data through thoughtful evaluation with good old-fashioned paper & pen. I'm so glad you're here and ready to do the work with me!

All the best,  
Tracy Benjamin

*THE HANDWRITING CLUB*



share your journey/  
tag @thehandwritingclub /  
#thehandwritingclub  
on Instagram.

for when you feel like giving up:

**Remember that some things take time.**

**Rome wasn't built in a day.**

**Always think of how it could be worse  
and be thankful it's not that.**

**It's up to you. No one else.**

**Keep the faith.**

**Believe in yourself.**

**You're going to want to stop.**

***Don't.***

***If you do, pick it back up again.  
Start wherever you are.***

***Don't wait for a perfect time.  
(NEWSFLASH!)  
It doesn't really exist.***

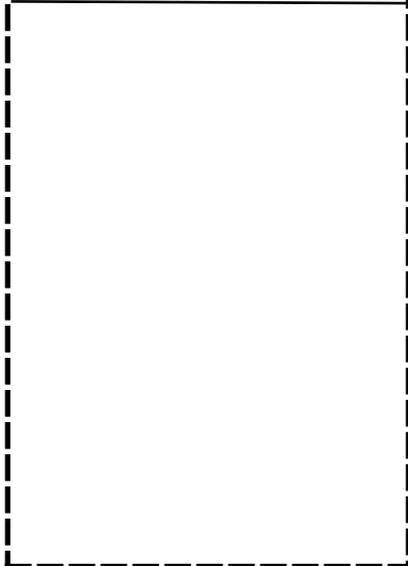
***Give yourself grace and remember.***

**One day at a time.**

TODAY *is a new day:* \_\_\_\_\_

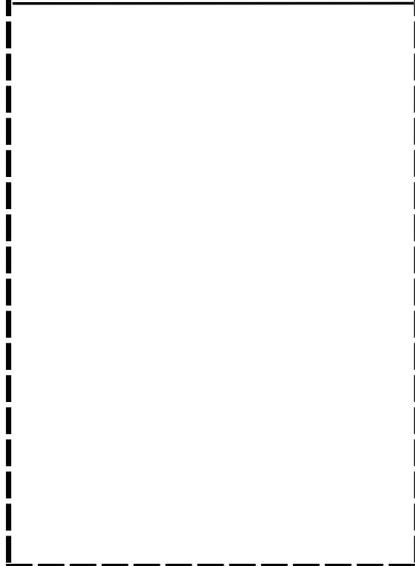
**BREAKFAST:**

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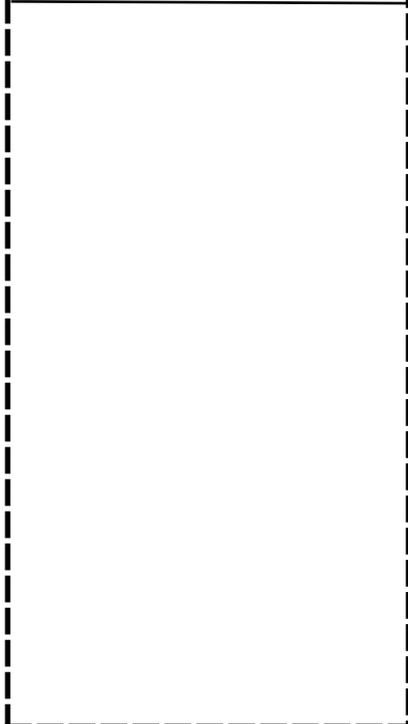
**LUNCH:**

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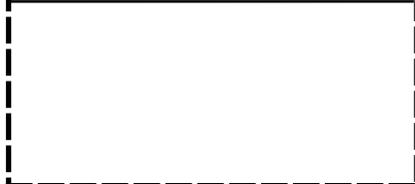
**DINNER:**

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**SNACKS:**

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**WATER**

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**PHYSICAL ACTIVITY:**

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**TODAY WAS:**

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