

# 3- Day Breakthrough Log

Over the next 3 days, simply observe your eating and drinking patterns.  
No judgement. No pressure. Just awareness.

## How to Use This

Each time you eat or drink, take a moment to note:

- Which foods seemed to keep me satisfied for longer?
- Did any foods make my body feel sluggish/ in pain?
- Were there moments I ate without physical hunger?
- What patterns am I beginning to notice?

Keep it simple. A few words is enough.

## Day 1

Time	What did you eat/drink?	Where did it come from?	Hunger before (1-10)	Hunger after (1-10)	How were you feeling?

# Day 2

Time	What did you eat/drink?	Where did it come from?	Hunger before (1-10)	Hunger after (1-10)	How were you feeling?

# Day 3

Time	What did you eat/drink?	Where did it come from?	Hunger before (1-10)	Hunger after (1-10)	How were you feeling?

