



Keeping a food journal can help you measure progress, identify triggers, and hold yourself accountable!



- Research has found that people who track their food intake are more likely to lose weight and maintain their weight loss.
- You can also record your emotions in your food journal. This can help you identify certain triggers for overeating and help you find healthier ways to cope.

You can use a website or app as a tool for tracking as well. Some popular options include:

[MyFitnessPal](#)

[Cronometer](#)

[See How You Eat](#)