

Mindful Eating Journal

Don't Weight, Grab Your Best Life Now!

- Make a commitment to practice-decide how often (I suggest at least once/day), at what meals
- Try to include workdays, off-days, "special" times
- Have the tool handy (print it, have it on your phone)
- Notice what you notice.
- Plan a time to look at the journal and think about your observations.
- Always be curious and kind to yourself. These are observations you are making, not judgements.

For the hunger scale-1=I am famished, feeling faint; 10=so full I feel sick.

Date/Time _____
Brief Description of food _____
Hunger level before _____ after _____
Body Sensations before _____ after _____
Environment (where am I) _____
Situation _____
Who is There _____
Emotions _____
Thoughts _____

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