



## Mouth Hunger or Stomach Hunger Tracking Journal

Note date/time when you are ready to eat or find yourself eating. Mark the number that corresponds to your signal to eat, or mark M for mouth hunger and S for stomach hunger. Review each day you use the chart (should only take a moment) to see if you more often are eating to fuel or eating to soothe. One is not right and the other wrong, but eating from mouth hunger does not truly meet your needs or help reconnect hunger and food/eating.

Mouth Hunger Signals	Stomach Hunger Signals	Date/Time	M/S or #
1. Food is there	10. Empty feeling stomach		
2. It looks good	11. Hunger pangs		
3. It's time to eat!	12. Stomach growling		
4. Someone took the time to make this for me.	13. Shaky		
5. I can't waste it!	14. headache		
6. I'm sad/lonely/depressed	15. other		
7. It's a social gathering			
8. I'm happy or excited or celebrating			
9. other			

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