**Mindful Eating Journal**

Date: __________

Today’s intention or affirmation: _____________________________________________________

<table>
<thead>
<tr>
<th>Time</th>
<th>What I ate/drank</th>
<th>Hunger scale (1-10) before and after eating</th>
<th>Doing</th>
<th>Thinking</th>
<th>Feeling</th>
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**Movement/Physical Activity:** _____________________________________________  **Hours of sleep:** ____

**Hunger Scale:**

1 = Starving, dizzy, lightheaded
2 = Irritable, little energy and very hungry
3 = Strong urge to eat, empty feeling in the stomach
4 = Starting to think about food, a little hungry
5 = Just starting to feel satisfied; your body has enough fuel
6 = Fully at the point of satisfaction
7 = You might be able to find room for a few more bites, but don’t really need more food as fuel
8 = Starting to feel discomfort from overeating
9 = The feeling of “too much food” in the body feels really uncomfortable
10 = BEYOND FULL – physically miserable

Adapted from Duke University Wellness Center