

Mindful Eating Journal

Date: _____ Today's intention or affirmation: _____

<i>Time</i>	<i>What I ate/drank</i>	<i>Hunger scale (1-10) before and after eating</i>	<i>Doing</i>	<i>Thinking</i>	<i>Feeling</i>

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