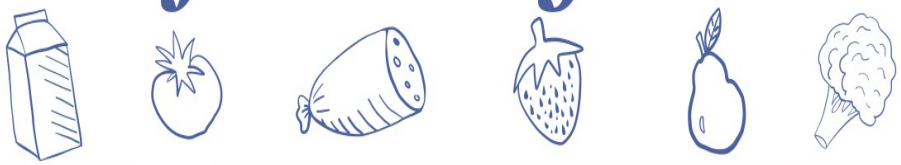
Mindful Eating Journal



DATE:

AFFIRMATION:

HUNGER SCALE

0	PAINFULLY HUNGRY
1	RAVENOUS
2	VERY HUNGRY
3	HUNGRY READY TO EAT
4	SLIGHTLY EMPTY
5	NEUTRAL
6	EMERGING FULLNESS
7	COMFORTABLE FULLNESS
8	A LITTLE TOO FULL
9	VERY/TOO FULL
10	PAINFULLY FULL

HUNGER + SATIETY

TIME BEFORE / AFTER EATING	HUNGER LEVEL	FOOD / DRINK	FEELINGS / EMOTIONS

DAILY WINS

EAT WITHOUT DISTRACTIONS

- ◯ BREAKFAST
- ◯ LUNCH
- ◯ DINNER

NOTES