

## MINDFUL-INTUITIVE EATING AWARENESS JOURNAL

Date & time	Eating cue (why I feel like eating)	Hunger/fullness										Food and amount (if eaten) strategy or alternative if not	How I feel afterward (body and mind)	
		1	2	3	4	5	6	7	8	9	10			

Adapted from *Thinsanity: 7 Steps to transform your mindset and say goodbye to dieting forever.*

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## MINDFUL-INTUITIVE EATING AWARENESS JOURNAL GUIDE

*Date and time.* Write the date and time of your eating choice. Simply acknowledging that you are making an eating choice prevents unconscious eating.

*Eating cue.* Identify why you feel like eating at the time. Is it physical hunger or a non-hungry reason, such as habit; the availability, presence, proximity, visibility or convenience of food; emotions or unmet wants or needs; social expectations or pressure; an urge, impulse or craving for a particular food or taste; the time of day, a location or event; or something else? This helps you to identify - and transcend – non-hungry cues.

*Hunger/fullness.* Rate your hunger and fullness when you start and when you finish eating, using the below scale as a guide. Make a mark both where you start *and* where you stop, and draw a line between these two points. This helps you to become aware of, and make eating choices in accordance with, your body's natural start and stop signals.

### HUNGER/FULLNESS SCALE INDICATORS

- 1 Famished/starving
- 2 Weak, headache, cranky, low energy
- 3 Want to eat now stomach growls and/or feels empty
- 4 Hungry but could wait to eat, starting to feel empty
- 5 Not hungry, not full
- 6 Feeling satisfied, stomach feels full and comfortable
- 7 Feeling full, certainly don't need any more food
- 8 Uncomfortably full
- 9 Stuffed, very uncomfortable
- 10 Bursting, painfully full

*Food and amount/strategy or alternative.* Acknowledge the food you eat by writing it down. Note the general amount eaten (e.g. 'a handful of nuts' or 'a medium-sized popcorn') but stay away from writing calories or points etc. You may like to describe something about the food, like the taste, smell or look of it, helping you to eat more mindfully. If you identify that you're not hungry and manage to overcome a non-hungry eating cue, write what strategy or non-food alternative you used to help you remember it for the future.

*How I feel afterwards (body and mind).* Notice how the food makes you feel physically, mentally and emotionally after eating it. You could notice how you feel 30 minutes, one hour or a couple of hours after eating it - the choice is yours. If you didn't choose to eat, write down the effects of *not* choosing to eat on your mind, body and spirit. This helps you learn to eat in a way that your body and mind like.

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