

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