

Mindful Eating Journal

Date: Day: M Tu W Th F Sa Su

Today's intention or Affirmation:

Time	Hunger Rating Before	What did you eat?	What did you drink?	Satiety Rating After	Thinking	Feeling	Digestion	Mood

Physical activity / Exercise: Hours of sleep: How did you sleep:

Daily Reflection: Did you find any physical, emotional or environmental-triggers that urged you to eat? Did you experience any cravings today?

Did you try new foods today? What foods did you really enjoy today? Did you eat something out of habit? Or did you eat something because you were bored, happy or sad?

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Hunger Level: From 1 to 5
 Starving, Irritable, Strong urge to eat,
 A little hungry, Starting to think about food

Satiety Level: From 6 to 10
 Just starting to feel satisfied, Satisfied, Very full, Un-
 comfortably full, Stuffed to the point of felling sick.

Mood: Did your mood change before, during or after eating? Did you feel better or worse? Happier, angrier, depressed, anxious or upset after eating.