

# INTUITIVE EATING JOURNAL

Using an intuitive eating journal can be a great tool in building greater awareness of eating patterns and/or behaviours.

*Please note this journal may not be for you if you have a history of obsessive logging/tracking food, or are new to intuitive eating and are in the process of unpacking food rules.*

Thoughts/ Feelings before eating	Hunger/ Fullness level <b>before</b> eating	<b>Where</b> did I eat & <b>who</b> was I with	<b>What</b> did I eat/drink & <b>how</b> fast did I eat it	Thoughts/ Feelings <b>after</b> eating	Hunger/ Fullness level <b>after</b> eating
<i>Tired, long day at work</i>	<i>7, had an early dinner</i>	<i>On the couch watching TV. Home alone</i>	<i>Chocolate, cheese &amp; biscuits, ate too quickly. Glass of wine</i>	<i>Still tired, feeling a little bloated, ate too quickly to enjoy</i>	<i>8.5</i>