



MINDFUL EATING JOURNAL

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Time	What I drank/ate	Rate your hunger (1 – 10)		What am I Feeling/Doing/Thinking?
		Before Eating	After Eating	

Hours of Sleep: _____ Movement/Exercise: _____

Rating	Feeling
1	Empty – Weak – Light Headed
2	Starving – Irritable - Unable to Concentrate – need Food Fast
3	Fairly Hungry – Ready to eat
4	Slightly Hungry – Beginning to feel signs of hunger; stomach is growing but you can wait to eat
5	Neutral – Comfortable – Neither hungry or full
6	Satisfied –
7	Full – Satisfied – Feeling a little uncomfortable
8	Stuffed – Feeling too full – need to loosen belt
9	Bloated – Need to loosen clothes
10	NAUSEOUS – Uncomfortably Full – Need A Nap

How to use the scale

- Before eating a meal or snack, ask yourself, “Where am I on the scale?” You should be at a 3 or a 4.
- Stop eating 2 or 3 times during the meal and check in with your body. Are you still hungry or starting to feel satisfied?
- Feeling of satisfaction or fullness does not happen right away. Eating slowly will help.
- Eat until you are a 6 or 7, then stop.

If you find that you don’t have normal hunger or fullness cues, ask yourself a few questions

- Do you regularly?
- Or do you graze on food all day without ever feeling hungry?
- Or do you skip meals, even when you are hungry?

When we don’t listen to our body, feeding it when it’s hungry or stopping when it’s not, you can throw off your hormonal hunger and fullness cues.