



weight management psychology

Mindful-Intuitive Eating Journal

Eating Cue: Identify what is cueing you to eat at the time. Is it physical hunger or a non-hungry reason, such as habit, the availability, presence, 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, time of day, 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 finish eating. This helps you become aware of - and make eating choices in line with - your body's natural start and stop cues.

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 & Amount/Strategy or Alternative: Acknowledge the food you eat by writing it down. Note the amount but stay away from writing calories or points etc. You may like to write something about the food, like the taste, texture, smell, look, or even the sound of it, helping cultivate mindfulness of your eating experience. If you identify you're not hungry and manage to overcome a non-hungry eating cue, write down what strategy or non-food alternative you used to help you remember it for the future.

How I feel afterwards (in body & mind): Notice how the food makes you feel physically, mentally, and emotionally after eating it. You could notice how you feel 30 mins, 1 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 afterwards. This creates a mindfulness of the way various food choices affect you, and will help you to gravitate towards foods that make you feel good over time.