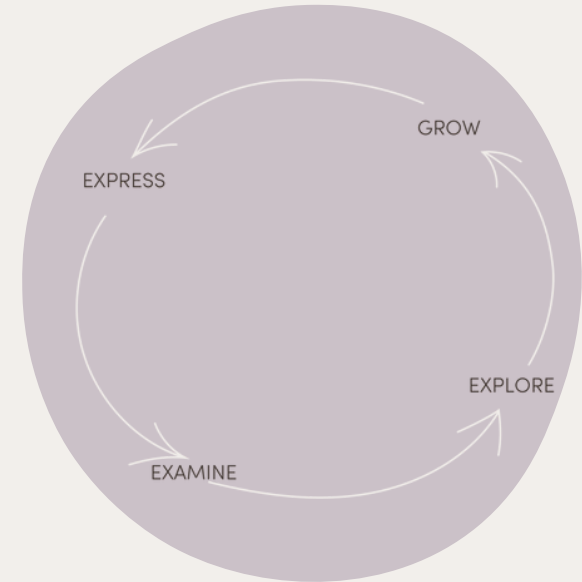




Mindful Eating Reflection

What we bring into our bodies, when and how we do so can have a positive impact on your overall well-being. It is important to take time to reflect on this.



THE HUNGER SCALE

1 being starving,
5 being starting to think about food.

THE SATIETY SCALE

1 being just starting to feel satisfied
and 5 being stuffed to the point of
feeling 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.



MINDFUL EATING REFLECTION | EXPRESS + EXAMINE

HUNGER
RATING
(1-5)

WHAT DID YOU EAT?

SATIETY
RATING
(1-5)

THINKING/FEELING BEFORE,
DURING, AND AFTER EATING

DIGESTION + MOOD

MONDAY

---:---

TUESDAY

---:---

WEDNESDA
Y

---:---

THURSDAY

---:---

FRIDAY

---:---

SATURDAY

---:---

SUNDAY

---:---





Monday | __/__

01. Did you find any physical, emotional, or environmental triggers that urged you to eat?

02. Did you experience any cravings today?

03. Are you rested? How did you sleep?

04. Did you try new foods?

05. What foods did you really enjoy today?

06. Did you eat something out of habit?

07. Did you eat something because you were bored, happy, sad, etc?

08. Did any "food-rules" come to mind? If yes, did they make you feel good or restricted? Where do you think these rules came from?

09. Did you do any physical activity today? Did that impact your hunger level?

10. List positive habits and affirmations you practiced today.



Tuesday | __/__

01. Did you find any physical, emotional, or environmental triggers that urged you to eat?

03. Are you rested? How did you sleep?

05. What foods did you really enjoy today?

07. Did you eat something because you were bored, happy, sad, etc?

09. Did you do any physical activity today? Did that impact your hunger level?

02. Did you experience any cravings today?

04. Did you try new foods?

06. Did you eat something out of habit?

08. Did any "food-rules" come to mind? If yes, did they make you feel good or restricted? Where do you think these rules came from?

10. List positive habits and affirmations you practiced today.



Wednesday | __/__/__

01. Did you find any physical, emotional, or environmental triggers that urged you to eat?

03. Are you rested? How did you sleep?

05. What foods did you really enjoy today?

07. Did you eat something because you were bored, happy, sad, etc?

09. Did you do any physical activity today? Did that impact your hunger level?

02. Did you experience any cravings today?

04. Did you try new foods?

06. Did you eat something out of habit?

08. Did any "food-rules" come to mind? If yes, did they make you feel good or restricted? Where do you think these rules came from?

10. List positive habits and affirmations you practiced today.





Thursday | __/__/__

01. Did you find any physical, emotional, or environmental triggers that urged you to eat?

02. Did you experience any cravings today?

03. Are you rested? How did you sleep?

04. Did you try new foods?

05. What foods did you really enjoy today?

06. Did you eat something out of habit?

07. Did you eat something because you were bored, happy, sad, etc?

08. Did any "food-rules" come to mind? If yes, did they make you feel good or restricted? Where do you think these rules came from?

09. Did you do any physical activity today? Did that impact your hunger level?

10. List positive habits and affirmations you practiced today.



Friday | __/__

01. Did you find any physical, emotional, or environmental triggers that urged you to eat?

03. Are you rested? How did you sleep?

05. What foods did you really enjoy today?

07. Did you eat something because you were bored, happy, sad, etc?

09. Did you do any physical activity today? Did that impact your hunger level?

02. Did you experience any cravings today?

04. Did you try new foods?

06. Did you eat something out of habit?

08. Did any "food-rules" come to mind? If yes, did they make you feel good or restricted? Where do you think these rules came from?

10. List positive habits and affirmations you practiced today.



Saturday | __/__/__

01. Did you find any physical, emotional, or environmental triggers that urged you to eat?

03. Are you rested? How did you sleep?

05. What foods did you really enjoy today?

07. Did you eat something because you were bored, happy, sad, etc?

09. Did you do any physical activity today? Did that impact your hunger level?

02. Did you experience any cravings today?

04. Did you try new foods?

06. Did you eat something out of habit?

08. Did any "food-rules" come to mind? If yes, did they make you feel good or restricted? Where do you think these rules came from?

10. List positive habits and affirmations you practiced today.



Sunday | __/__

01. Did you find any physical, emotional, or environmental triggers that urged you to eat?

02. Did you experience any cravings today?

03. Are you rested? How did you sleep?

04. Did you try new foods?

05. What foods did you really enjoy today?

06. Did you eat something out of habit?

07. Did you eat something because you were bored, happy, sad, etc?

08. Did any "food-rules" come to mind? If yes, did they make you feel good or restricted? Where do you think these rules came from?

09. Did you do any physical activity today? Did that impact your hunger level?

10. List positive habits and affirmations you practiced today.