**Mindful Eating Journal**

Mindful eating is thinking about what you eat and how you eat, while we are actually eating. When eating mindfully you might think about the colours, smells, textures, flavours, temperatures, and even the sounds of your food. Mindful eating can help you to become aware of when you are full and can also reduce the amount of food you eat at a meal.

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| **Meal/**  **time** | **Hunger level before eating (1-10)** | **What I ate/drank** | **Hunger level afterwards (1-10)** | **Location, feelings & observations, eating speed, distractions etc.** |
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*What number on the hunger scale best describes you before, during and after your meals/snacks? The green numbers are the ideal. Becoming more aware of when and why you eat can be helpful for weight management.*

**Hunger/fullness scale:**

***6*** *= At the point of satisfaction*

**7** = You might be able to find room for a few more bites, but don’t really need more food as fuel

**8** = Starting to feel discomfort from overeating

**9** = The feeling of “too much food” in the body, feels really uncomfortable

**10** = BEYOND FULL – physically miserable

**1 =** Starving, dizzy, lightheaded

**2** = Irritable, little energy and very hungry

**3** = Strong urge to eat, empty feeling in the stomach

***4*** *= Starting to think about food, a little hungry*

***5*** *= Just starting to feel satisfied; your body has had enough fuel*

**Mindful Eating Checklist**

Am I sitting down?

Eating slow or fast?

Mindlessly munching – or noticing each bite?

Asking “how hungry am I on a scale of 1 – 10”?

Multitasking or truly focused on my meal?

Am I bored, stressed, tired or anxious?

Tasting each bite before I go for the next?

Being non-judgemental of when I overeat?

Am I able to leave some food on my plate if I just don’t want it?

*Choose one or two points from the checklist that stands out most to you. Focus on these points to help you eat mindfully*