Healthy Habits Coach

Wellness from the Inside Out

Eating Record for (date) _____

Instructions: record day, time, foods and amounts.
Use a checkmark to indicate hunger level when you start eating, and fullness level when you are finished (see chart). Just do the best you can!
Indicate any observations or predominate feelings (it can help identify patterns)

0 Ravenous, Starving, dizzy, irritable 2 Very hungry, preoccupied with hunger 4 Beginning signals of hunger	5 = Comfortable: neither hungry or full (Redefine any of these with definitions that work best for you!)	6 Comfortably full, satisfied. Could eat more 8 Not uncomfortable, but have a definitely full belly 10 Stuffed to the point of feeling sick

Day/time	Foods and approximate amounts	0	1	2	3	4	5	6	7	8	9	10	What you notice (mood, thoughts, feelings)