

My Eating Patterns

DAY OF THE WEEK

DATE

MEAL OF THE DAY

RIGHT BEFORE I ATE

It's been _____ hours/minutes since I last ate.

My hunger level is a _____. On a scale of 1-5, 1 being not hungry at all and 5 being starving. (Not sure? Fill in a 0.)

I feel _____.



Energized



Proud



Bummed out



Regretful



Exhausted



Your choice

30 MINUTES AFTER EATING

The amount I ate was _____. What I planned / less than planned / more than planned

My hunger level is a _____. On a scale of 1-5, 1 being not hungry at all and 5 being starving. (Not sure? Fill in a 0.)

The speed at which I ate was a _____. On a scale of 1-5, 1 being slow and 5 being speedy.

My mindfulness level was a _____. On a scale of 1-5, 1 being not mindful and 5 being majorly mindful.

It's _____ that I'll eat something before my next *planned* meal or snack time. Unlikely / likely / not sure

The foods I enjoyed most in my meal were:

I feel _____.



Energized



Proud



Bummed out



Regretful



Exhausted



Your choice