AWARENESS JOURNAL

Use this worksheet as a template to record your thoughts, feelings and food choices. The goal of this worksheet is to allow you room to reconnect to your mindfulness and to help you recognize when you are in auto-pilot, unaware of your food triggers.

Rate your hunger/fullness: 1= no feeling of hunger - 10= extreme feeling of hunger/fullness:

Day/Time	Food/Drink			Hunger/Fullness Scale										Emotion(s)	Thought(s)	Other Triggers (environment, social,		After eating thoughts/emotions	
				1	2 3 4 5			6	7 8 9		9	9 10	Emotion(3)	inougnit(s)	food, psychological)		or other experiences		