

**Hamilton** Family Health Team

# **Mindful Eating Personal Journal**



**Hamilton Family Health Team**  
**Groups Line: 905-667-4852**

# Mindful Eating Journal

Eat Well, Be Active, Feel Good About Yourself

## Hunger Scale

Ravenous                      Starving                      Hungry                      Pangs                      Satisfied

1                      2                      3                      4                      5

Time	Food/Drink	Hunger/Fullness Scale									
		1	2	3	4	5	6	7	8	9	10

Physical Activity:



**Date:** \_\_\_\_\_

Full

Very Full

Discomfort

Stuffed

Sick

6

7

8

9

10

**Before Eating**

Environment/Feelings/Moods/  
Thoughts/Body Sensations

**After Eating**

Environment/Feelings/Moods/  
Thoughts/Body Sensations

**SMART** Goal: (**S**pecific, **M**easurable, **A**ctionable, **R**ealistic, **T**imely)



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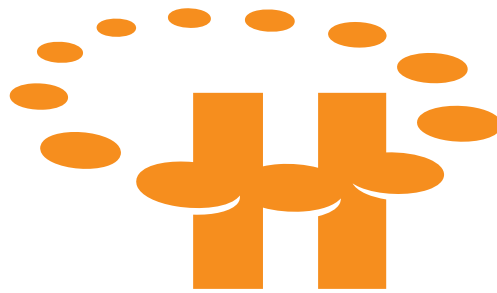
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*Better care, together.*



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**[www.hamiltonfht.ca](http://www.hamiltonfht.ca)**

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