



My Eating Journal

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Hunger

- 1 - not hungry
- 2 - social hunger only
- 3 - normal / neutral
- 4 - more than usual
- 5 - cravings / strong urge
- 6 - starving / eat now!

Feeling

- 1 - intuitive / self-control
- 2 - satisfied / at ease
- 3 - normal / neutral
- 4 - tired / bored
- 5 - lonely / sad
- 6 - stressed / anxious

Self-Control

- 1 - Intuitive / automatic control
- 2 - moderate control
- 3 - normal / neutral
- 4 - borderline
- 5 - slipping
- 6 - out of control

Tools

- a) Foresight /self-defense
- b) Patience /breathing room
- c) Curiosity / my 5 senses and my mind
- d) Prudence /my options
- e) Tenacity /commitment to myself
- f) Dignity /self-respect
- g) Determination / follow through
- h) Self-discipline / my intuition
- i) Courage / my Lifeline
- j) Grace / personal forgiveness

<i>Date/Time</i>								
<i>My Hunger</i>								
<i>My Feelings</i>								
<i>Self-Control</i>								
<i>Tools I Used</i>								
<i>My Food Choices</i>								
<i>Location</i>								
<i>My Thoughts</i>								