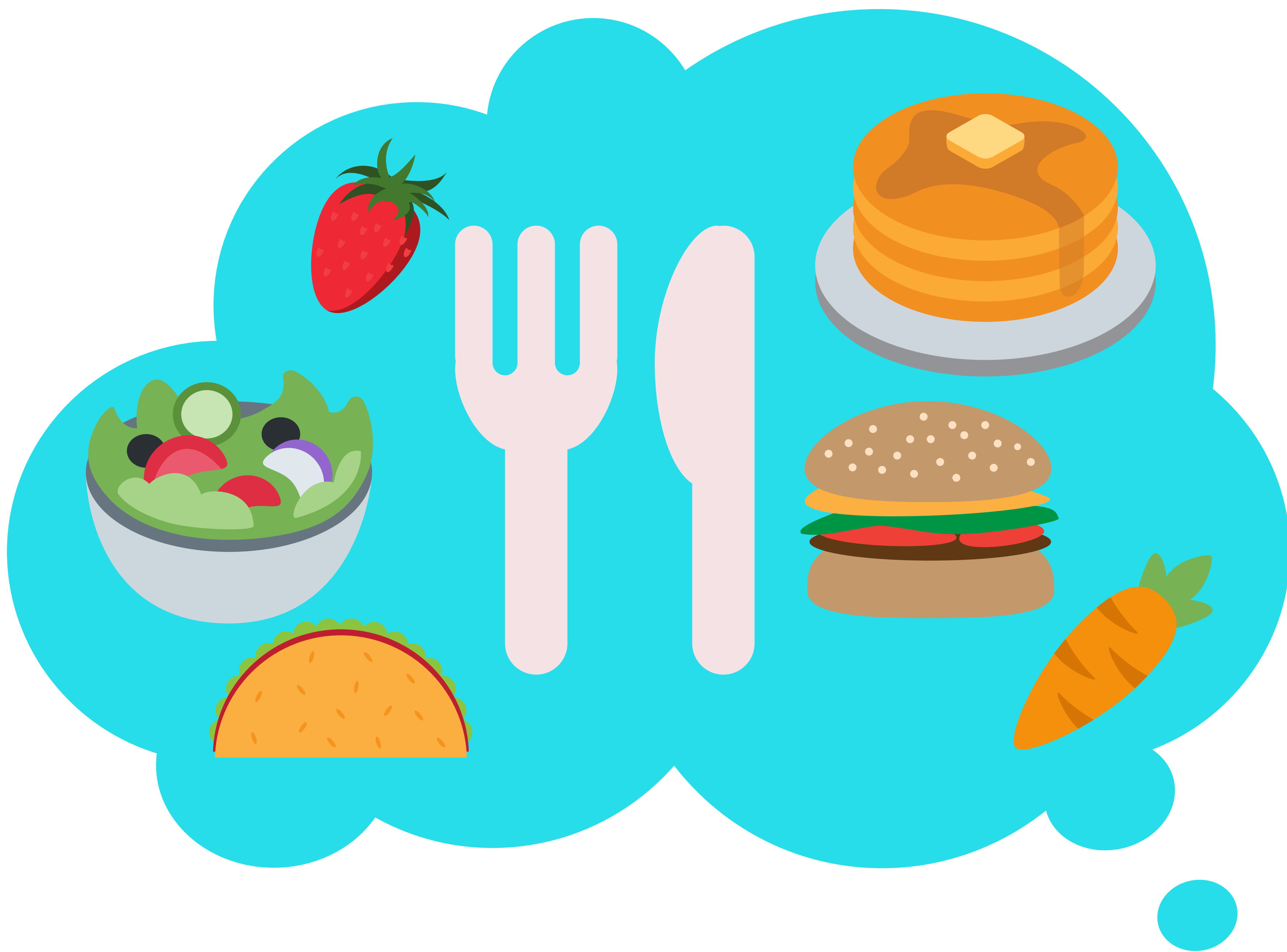


5 Day Mindful Eating Activity



Choose 5 consecutive days to complete the following activities. Try to complete each activity with minimal distractions. Find a quiet place to enjoy your meals & take notes.

These activities will help you become aware of your hunger/fullness scale, eat more mindfully during meals, decipher between emotional vs. physical hunger, & notice how different foods fuel your body.

Good luck, & happy eating!



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Learning your Hunger-Fullness Scale

Read through the following hunger-fullness scale, then use it to track your hunger and fullness at your next 3 meals (using the following page).

1

SICK! I ATE WAY TOO MUCH. I FEEL NAUSEOUS/HAVE A STOMACH ACHE FROM BEING TOO FULL.

2

VERY FULL! FEELING STUFFED AND UNCOMFORTABLE.

3

FULL! ATE SLIGHTLY TOO MUCH. MILD DISCOMFORT.

4

SATISFIED! MY STOMACH IS FILLED AND CONTENT, BUT NOT OVERSTUFFED. FEELING ENERGIZED AND COMFORTABLE.

5

COMFORTABLE/NEUTRAL. NOT HUNGRY OR FULL.

6

STOMACH FEELS SATISFIED, BUT I STILL COULD EAT A LITTLE MORE FOOD.

7

HUNGRY, BUT NOT STARVING. STOMACH FEELS EMPTY. WOULD LIKE TO EAT SOON.

8

VERY HUNGRY. STOMACH IS GROWLING. FEELING SLIGHTLY UNCOMFORTABLE. NEED FOOD SOON!

9

SUPER HUNGRY! FEELING "HANGRY"/CRANKY. FEELING SHAKY & LIKE I NEED TO EAT RIGHT NOW.

10

STARVING! SO HUNGRY THAT I DON'T FEEL GOOD.



day 1

Learning your Hunger-Fullness Scale

Rate how you feel on the hunger-fullness scale using a 1-10 rating, before, during, and after each meal.

Breakfast:

BEFORE EATING: _____

WHAT DID YOU HAVE FOR BREAKFAST?

**HALF WAY
THROUGH MEAL: _____**

HOW DID THIS MEAL MAKE YOU FEEL?

AFTER EATING: _____

Lunch:

BEFORE EATING: _____

WHAT DID YOU HAVE FOR LUNCH?

**HALF WAY
THROUGH MEAL: _____**

HOW DID THIS MEAL MAKE YOU FEEL?

AFTER EATING: _____

Dinner:

BEFORE EATING: _____

WHAT DID YOU HAVE FOR DINNER?

**HALF WAY
THROUGH MEAL: _____**

HOW DID THIS MEAL MAKE YOU FEEL?

AFTER EATING: _____



day 2

Mindful Eating

During your meal, follow these steps & answer questions accordingly:

What meal are you enjoying for this activity?

BEFORE EATING:

WHAT DOES YOUR FOOD LOOK LIKE (GIVE DETAIL)?

WHAT DOES YOUR FOOD SMELL LIKE (GIVE DETAIL)?

WHAT COLORS ARE ON YOUR PLATE?

WHO COOKED/PREPARED THIS MEAL?

WHERE DID THE FOOD ON YOUR PLATE COME FROM (A FARM, A GROCERY STORE, A RESTAURANT, ETC)?

DURING EATING:

WHAT DOES YOUR FOOD TASTE LOOK LIKE?

WHAT FLAVOR ON YOUR PLATE IS YOUR FAVORITE AND WHY?

AFTER EATING:

WHAT DID YOU NOTICE ABOUT YOUR FOOD THAT YOU NEVER NOTICED BEFORE?

DID YOUR ENJOYMENT OF THE FLAVOR OF THE MEAL CHANGE FROM THE START TO THE END OF THE MEAL?

WHAT IS YOUR SATISFACTION LEVEL FROM THIS MEAL ACCORDING TO THE HUNGER/FULLNESS SCALE?



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day 3

Emotional versus Physical Hunger

Rate how you feel on the hunger-fullness scale using a 1-10 rating, before, during, and after each meal.

Breakfast:

BEFORE EATING: ____

HOW DO YOU FEEL EMOTIONALLY RIGHT NOW?

HOW DID YOUR EMOTIONS
IMPACT HOW MUCH, HOW
QUICKLY, OR HOW MUCH
YOU ENJOYED YOUR FOOD?

AFTER EATING: ____

HOW DO YOU FEEL EMOTIONALLY RIGHT NOW?

Lunch:

BEFORE EATING: ____

HOW DO YOU FEEL EMOTIONALLY RIGHT NOW?

HOW DID YOUR EMOTIONS
IMPACT HOW MUCH, HOW
QUICKLY, OR HOW MUCH
YOU ENJOYED YOUR FOOD?

AFTER EATING: ____

HOW DO YOU FEEL EMOTIONALLY RIGHT NOW?

Dinner:

BEFORE EATING: ____

HOW DO YOU FEEL EMOTIONALLY RIGHT NOW?

HOW DID YOUR EMOTIONS
IMPACT HOW MUCH, HOW
QUICKLY, OR HOW MUCH
YOU ENJOYED YOUR FOOD?

AFTER EATING: ____

HOW DO YOU FEEL EMOTIONALLY RIGHT NOW?



day 4

Emotional versus Physical Hunger

Rate how you feel on the hunger-fullness scale using a 1-10 rating, before, during, and after each meal.

Breakfast:

BEFORE EATING: ____

HOW DO YOU FEEL EMOTIONALLY RIGHT NOW?

HOW DID YOUR EMOTIONS
IMPACT HOW MUCH, HOW
QUICKLY, OR HOW MUCH
YOU ENJOYED YOUR FOOD?

AFTER EATING: ____

HOW DO YOU FEEL EMOTIONALLY RIGHT NOW?

Lunch:

BEFORE EATING: ____

HOW DO YOU FEEL EMOTIONALLY RIGHT NOW?

HOW DID YOUR EMOTIONS
IMPACT HOW MUCH, HOW
QUICKLY, OR HOW MUCH
YOU ENJOYED YOUR FOOD?

AFTER EATING: ____

HOW DO YOU FEEL EMOTIONALLY RIGHT NOW?

Dinner:

BEFORE EATING: ____

HOW DO YOU FEEL EMOTIONALLY RIGHT NOW?

HOW DID YOUR EMOTIONS
IMPACT HOW MUCH, HOW
QUICKLY, OR HOW MUCH
YOU ENJOYED YOUR FOOD?

AFTER EATING: ____

HOW DO YOU FEEL EMOTIONALLY RIGHT NOW?



day 4

Emotional versus Physical Hunger

What have you noticed about your appetite/eating habits depending on your emotional state?

Did your emotional "hunger" override your physical hunger at any point? If yes, what emotion impacted your appetite/eating habits?

Why were you feeling that emotion? What was the cause of feeling that way?

What other activities could you take part in (besides eating) that would help you through difficult emotions?

Who is your "support person"? Who do you talk to when you are upset, stressed, or worried? Who makes you feel happy when you are down? Who listens to you when you need to vent?



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day 5

Food for Fuel

Breakfast:

Before eating:

What are you having for breakfast?

How will this meal fuel your body today?

How do you think this meal will make you feel physically?

After eating:

How did this meal make you feel physically?

Lunch:

Before eating:

What are you having for breakfast?

How will this meal fuel your body today?

How do you think this meal will make you feel physically?

After eating:

How did this meal make you feel physically?

Dinner:

Before eating:

What are you having for breakfast?

How will this meal fuel your body today?

How do you think this meal will make you feel physically?

After eating:

How did this meal make you feel physically?

Which meal made you feel your best today? Why?



day 5

RECAP

What changes have you noticed in your mindset at meals since beginning these activities?

What changes have you noticed in your eating habits at meals since beginning these activities?

What changes will you make to your eating habits at meals from this point forward?

What is the most valuable thing you learned from these activities?

List THREE things YOUR body allows you to do every single day!

