

6 Steps to Eating Awareness

1. HALT! Ask yourself, “Am I physically Hungry?”

If you're NOT physically hungry, ask yourself...

- “Why is my desire to eat so high right now?”
- “Am I eating out of **H** (habit) or am I feeling **A** (anxious/stressed), **L** (lonely/sad), **T** (tired/bored), or something else???”
- “What could I do instead of eat to meet my non-hunger needs?”

If you're NOT physically hungry, but you're craving a specific type of food, ask yourself, “What is it that I really want?”

2. Before eating, rate your physical hunger level on a scale of 0-5 (see back).

3. Eat slowly, sitting down, without distractions, and in full awareness.

4. Record food and amount eaten.

5. Record mood, thoughts, and feelings before, during, and after you eat.

6. After eating, rate your physical fullness level on a scale of 5 – 10 (see back).

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Hunger →→→ Fullness Optimal Zone

0	1	2	3	4	5	6	7	8	9	10
0 – Starving & Beyond										
1 – You are so hungry, you want to order everything on the menu.										
2 – Everything on the menu begins to look good. You may be very preoccupied with your hunger.										
3 – You are hungry, and the urge to eat is strong.										
4 – A little hungry. You can wait to eat, but you know you will be getting hungry soon.										
5 – Neutral. Not hungry. Not full.										
6 – No longer hungry. You sense food in your belly but you could definitely eat more.										
7 – Hunger is definitely gone. Stop here, and you may not feel hungry again for 3 to 4 hours.										
8 – Not uncomfortable, but definitely have eaten a belly-full.										
9 – Moving into uncomfortable.										
10 – Very uncomfortable! Maybe even painful!!!										
0	1	2	3	4	5	6	7	8	9	10

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	Food & Quantity HALT – Am I hungry? If Not, Why is my desire to eat so strong right now? 1. Am I eating out of H (habit)? Or am I feeling A (anxious/stressed), L (lonely/sad), T (tired/bored) or something else?	Hunger → Fullness Rating <i>0-Starving, 1-So hungry, want to order everything 2-Everything looks good; may be preoccupied w/hunger 3-Hungry, urge to eat strong 4-Little hungry; can wait, but will be getting hungry soon 5-Neutral; not hungry or full 6-No longer hungry; sense food in belly, but could eat more 7-Hunger definitely gone; stop here, and may not feel hungry for 3-4 hrs 8-Not uncomfortable, but definitely eaten a belly full 9-Moving into uncomfortable 10-Very uncomfortable</i>											
Time		0	1	2	3	4	5	6	7	8	9	10	Comments

Today's Goal/Affirmation: _____

Physical Activity: _____

Date: _____

M T W Th F St S