

Compliment yourself * Assess your emotions * Recount your food * Write it down

Write down at least 1 thing you're pleased with yourself about today: _____

MEAL #1

Hunger level before: 0 1 2 3 4 5
 Hunger level after: 0 1 2 3 4 5
 Stomach fullness after: 0 1 2 3 4 5
 Stress level before: 0 1 2 3 4 5
 Stress level after: 0 1 2 3 4 5
 Did you enjoy the meal? Y/N
 Do you want more food? Y/N
 Emotional state & what caused it: Depressed -
 nervous - excited - lonely - frustrated -
 relaxed - misunderstood _____

MEAL #2

Hunger level before: 0 1 2 3 4 5
 Hunger level after: 0 1 2 3 4 5
 Stomach fullness after: 0 1 2 3 4 5
 Stress level before: 0 1 2 3 4 5
 Stress level after: 0 1 2 3 4 5
 Did you enjoy the meal? Y/N
 Do you want more food? Y/N
 Emotional state & what caused it: Depressed -
 nervous - excited - lonely - frustrated -
 relaxed - misunderstood _____

MEAL #3

Hunger level before: 0 1 2 3 4 5
 Hunger level after: 0 1 2 3 4 5
 Stomach fullness after: 0 1 2 3 4 5
 Stress level before: 0 1 2 3 4 5
 Stress level after: 0 1 2 3 4 5
 Did you enjoy the meal? Y/N
 Do you want more food? Y/N
 Emotional state & what caused it: Depressed -
 nervous - excited - lonely - frustrated -
 relaxed - misunderstood _____

MEAL #4

Hunger level before: 0 1 2 3 4 5
 Hunger level after: 0 1 2 3 4 5
 Stomach fullness after: 0 1 2 3 4 5
 Stress level before: 0 1 2 3 4 5
 Stress level after: 0 1 2 3 4 5
 Did you enjoy the meal? Y/N
 Do you want more food? Y/N
 Emotional state & what caused it: Depressed -
 nervous - excited - lonely - frustrated -
 relaxed - misunderstood _____

If at any point of the day you're struggling, follow this:

1. Are you hungry but have lost trust in your ability to assess your hunger? Y/N
2. If you answered yes, recount what you've eaten up till now using a food/calorie counter: _____
3. Check what your target daily caloric need is using an online calorie counter calculator: _____ calories.
4. Subtract the amount you've already consumed from the daily target.
5. Write down how many calories you have left to meet your target: _____ calories.
6. Are you over or under your target? OVER / UNDER.

*If you're UNDER, you can relax and continue eating when you're hungry, as much as you feel you need to, even if it goes over the target. Remember that the target is just a tool meant to help you assess your body's real objective needs aside from your subjective emotional association to hunger.

*If you're OVER, it's OK! Some days will be under, some will be over. It's the bigger picture that counts. Use days like this to help determine what worked and what didn't work and bring that knowledge forward. This process takes time and you are your own teacher.