

Eating Awareness Journal

Time & location	Food (optional, brief)	Hunger before (/10)	Fullness after (/10)	Notes - observations, reflections

Hunger-fullness scale

0 1 2 3 4 5 6 7 8 9 10

0 = completely empty

4-5 = satisfied, comfortable

8-9 = uncomfortably over-full

2 = peckish, becoming hungry

6-7 = slightly over-full

10 = painfully over-full