

# Intuitive Eating Journal







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*This resource is intended to help you on your journey towards intuitive eating. It's meant to provide insight and help with reflection, trusting body signals, and responding to hunger and fullness cues. After a few days, you'll likely feel more comfortable with some aspects of intuitive eating.*

## The hunger-fullness scale in brief:

- This is a tool that we can use that can help us reflect on how hungry or full we are. Using the tool, we rank our hunger on a scale of 0 - 10 before and after eating.
- Before eating, we can rank our hunger and see if we're truly hungry or if we're craving food for another reason. It's easy to turn to food when we're anxious, bored, or thirsty.
- After eating, we can reflect on how our food made us feel and rank our hunger again. Are we satisfied with what we ate? If we had a craving, did food really solve the craving?

## The Hunger - Fullness Scale

- 0 | **Empty.** You are uncomfortably hungry. Your stomach hurts and you likely have a headache and fatigue.
- 1 | **Ravenous.** You feel weak, dizzy or "hangry". It's likely hard to focus on anything but food.
- 2 | **Very hungry.** You feel cranky and have low energy. Lots of stomach growling is experienced.
- 3 | **Pretty hungry.** Your stomach is growling a little. You can still make conscious choices and wait for food.
- 4 | **A little hungry.** You could comfortably go about an hour without food.
- 5 | **Neutral.** You're neither hungry nor full\*.  
\* Sometimes we eat at this point when we're bored.
- 6 | **Just satisfied.** If you don't eat more, you won't be hungry for about 1 - 2 hours.
- 7 | **Completely satisfied.** You are comfortable and could probably go 3-4 hours without eating again.
- 8 | **Full.** You feel very full and likely ate more than needed.
- 9 | **Stuffed.** You can feel pressure on your stomach or your stomach in general hurts.
- 10 | **So full you feel sick.** You likely don't want to move or do anything.





The overall mood of today was:

Reason(s) for this mood:

The average number that I started eating today was:

The average number that I stopped eating today was:

Food I enjoyed today:

I enjoyed it because:

Did I experience movement today (circle): yes/ no

This made me feel:

Cravings experienced today:

Reason for craving:

Three things I'm grateful for today:

1)

2)

3)

One thing I want to try to work on:

**Checklist of the day:**

- I used the hunger and fullness scale
- I did my best to honour these hunger and fullness cues by eating when hungry, and stopping when full
- I paid attention to how food tasted while eating
- I took a few breaths between bites when eating
- I portioned food out rather than eating out of a package
- If feeling emotional, I connected with someone about it, or tended to self care through yoga, meditation, journaling, or some other means
- When emotions weren't causing cravings, I allowed myself to enjoy the food I was craving, without guilt
- I engaged in physical movement I enjoyed