hunger worksheet

how does eating make me feel physically and emotionally?

1 2 3 4 5 6 7 8 9 irritable and headach growling sick satisfied by sically full thanks giving full thanks g

before eating

hunger rating: _____

what foods am I craving?

after eating

hunger rating: _____

what foods did 1 eat?

what's my motivation to eat?

how do I feel about what, why, and how much I ate?