



Mindful Eating Log

Mindful Eating: a form of mindfulness and an approach to eating that involves all the senses and a full awareness of a food's impact on your thoughts, feelings, emotions, and state of being.

Every time you sit down to eat is an opportunity to feel joyful and present! When we eat mindfully, we experience huge benefits including greater enjoyment from our food, better digestion, and improved self-control around eating habits. Try to implement the following principles every time you feel hungry and choose to eat a meal or snack.

THE PRINCIPLES OF MINDFUL EATING:

1. It is not a diet.
2. It's about how you eat, not what you eat.
3. It requires you to be in the moment.
4. It requires you to pay attention to each bite.
5. All the senses are engaged (taste, smell, sight, touch, mind).
6. It brings awareness to your habits.
7. You register your hunger level and eat accordingly.
8. It is about savoring and enjoying food.
9. It should never result in guilt or self judgement.
10. You are conscious of why you are eating and are in control.

Now that you know what mindful eating is, it is time to start practicing it! You can use this mindful eating log to help you on your journey. I challenge you to complete 7 days, and see what you discover about your eating behaviors, patterns, and beliefs around food!



Mindful Eating Log

Date							
MEAL 1							
Emotion							
Hunger before meal (1-10)							
Meal Setting (group, alone, home, work...)							
Satiety after meal (1-10)							
MEAL 2							
Emotion							
Hunger before meal (1-10)							
Meal Setting (group, alone, home, work...)							

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Satiety after meal (1-10)							
MEAL 3							
Emotion							
Hunger before meal (1-10)							
Meal Setting (group, alone, home, work...)							
Satiety after meal (1-10)							
SNACKS Did you snack out of hunger or for another reason? How did you feel afterwards?							



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Once you have completed the one-week Mindful Eating Log, take some time to look for patterns and reflect on your behaviors around eating. Are there any foods that are problematic? For me, it's chocolate! Is there a pattern that you would like to change? If so, think of a list of alternative behaviors and write them down. For instance, if you notice you are snacking when stressed, create a list of actions that you could take to overcome stress that don't involve eating. That way, next time you are in that situation, you will be aware of what is happening and know of other ways to resolve the stress.

Non-Hunger Reason I Eat	The Outcome of Eating	Alternative Behaviors
Ex) I am stressed and need a break from work	I feel bloated and am not hungry at dinnertime	Take a walk or meditate for 10 minutes



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If you found this helpful and enjoy learning about health, wellness, and mindful eating, please join me on FB at [Balanced & Healthy Momma](#). Would love to see you there! And if you are interested in learning more about my health coaching programs for moms, you can reach me at Allison@allisonvancamp.com or by cell (404)610-1805.

XOXO,

Allison