

Eating Awareness Chart

Date:
Time:

Emotional feelings & why	Physical feelings	Hunger 0-10	Tastes	Food Choices	Food I Ate	How I Ate	Thoughts	Emotional Feelings	Physical Feelings
happy	pain		warm			slow			
joyful	numbness		cold			calm			
excited	stress		juicy			focused			
satisfied	tingling		creamy			fast			
content	energetic		crunchy			anxious			
dissatisfied	sluggish		spicy			distracted			
lonely	tired		mild						
empty	bloated		sweet						
stressed			sour						
anxious			liquid						
frustrated			solid						
angry									
sad									
depressed									
afraid									
fat									
overwhelmed									
disappointed									
helpless									
hopeless									
impatient									
hopeful									
proud									
inspired									

