

**Date:** \_\_\_\_\_ **Day:** M T W Th F Sa Su

## What's Going On?

**Intention / Focus:** \_\_\_\_\_

| Start Time | Food and Quantity | Hunger Scale |   |   |   |   |     |   |   |   |   | End Time | Meal or Snak | Location of Eating | Activity While Eating | Thoughts, Feelings, Concerns, Questions |
|------------|-------------------|--------------|---|---|---|---|-----|---|---|---|---|----------|--------------|--------------------|-----------------------|---|
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 |          |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5   | 6 | 7 | 8 | 9 | 10       |              |                    |                       |   |
|            |                   |              |   |   |   |   |     |   |   |   |   |          |              |                    |                       |   |
|            |                   | 0            | 1 | 2 | 3 | 4 | 5</ |   |   |   |   |          |              |                    |                       |   |

0 = Starving, weak, nothing to go on  
1 = Difficult to discriminate, preoccupied with food, weak  
2 = Distracted by food, irritable, tired, Head Ratchet  
3 = Thoughts of food, urge to eat present, but not overwhelming  
4 = Early warning, occasional thoughts of food, easy to ignore

5 = Neutral, not hungry, not satisfied  
6 = Hunger eases off, may still feel drive to eat  
7 = Good and full, not hungry again for 3-4 hrs  
8 = Belly full, not *physically* uncomfortable  
9 = *Physically* uncomfortable, hurting, numb(?)  
10 = "Thanksgiving" full, gorked out, numb(?)

## Exercise

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