Intuitive Eating Diary

When	Who With	What (food/ fluid)	Where	Eating speed	Before Eating		After Eating	
					thoughts/ feelings	hunger/ fullness	thoughts/ feelings	hunger/ fullness
Tues 12/6,	*Max*	*Burger + apple*	*Sandwich*	*F*	*Anxious*	*4*	*Relieved but full*	*8*
12 noon			*shop*					

Eating Speed: Slow (S), Moderate (M), Fast (F)
Hunger/ Fullness: Famished (0), Hungry (2) Neutral (5), Satisfied (7), Stuffed (10)