

Intuitive Eating Diary

| When | Who With | What (food/ fluid) | Where | Eating speed | Before Eating | | After Eating | |
|-------------------------------|------------|-----------------------|--------------------------|-----------------|--------------------|---------------------|--------------------------|---------------------|
| | | | | | thoughts/ feelings | hunger/ fullness | thoughts/ feelings | hunger/ fullness |
| <i>Tues 12/6, 12 noon</i> | <i>Max</i> | <i>Burger + apple</i> | <i>Sandwich shop</i> | <i>F</i> | <i>Anxious</i> | <i>4</i> | <i>Relieved but full</i> | <i>8</i> |
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Eating Speed: Slow (S), Moderate (M), Fast (F)
Hunger/ Fullness: Famished (0), Hungry (2) Neutral (5), Satisfied (7), Stuffed (10)
www.bodymatters.com.au