Eating Log

This worksheet has been designed to use alongside the Hunger and Satiety Scale. It combines a record of the time of day (or night), the place where you are eating (e.g. at desk at work, or at the table at home), and the food eaten at the time. It asks you to note your level of hunger and satiety using the scale from 1 to 10 (where 1 = starving, 5 = neutral, 10 = Christmas Day full) before and after eating to help increase your awareness of your natural hunger and fullness cues.

Time of Day	Where	Hunger before eating	What was eaten?	Satiety after eating	
				Within 5 minutes	20 – 30 minutes later

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