



## @Food Awareness

Keep this 'Food Awareness' log for a full week, be sure to include the weekend. Draw a line under each day. You may need to make copies. The ONLY person who will see this is you – so don't miss anything out, this is about helping you to *understand* your eating patterns.

Day/ Meal/ Time	Thoughts or Feelings just before Eating	Hungry (Y/N)	Details of Food Eaten (Include portion size and all drinks/alcohol)	Mindfulness*	Who Else Present

\*N = No mindfulness at any time. S = Some mindfulness. C = Continuous mindfulness.