If not dieting®	
Eating Awareness	Diary
sample sheet	

Day:	Date:
f not dieting*'thought of the day':	

Time	With Whom and/or Where	Thoughts and Feelings Before Eating	Hunger / Fullness Before Eating (See Scale 0-10)	Food Eaten	Hunger / Fullness After Eating (See Scale 0-10)	Thoughts and Feelings After Eating. Do you feel satisfied? If not, is there a food that would have satisfied you?	Speed of Eating Eg. Slow, Moderate, Fast, Very Fast

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	Hun	ger / Fullness Sca	le	
I Absolutely Empty - 0	I Getting Empty - 2	l F∪ll - 5	l Overfull - 8	Stuffed Full - 10

- To order the If not dieting Eating Awareness Diary, go to www.ifnotdieting.com
- Resources by Dr Rick Kausman include: If Not Dieting, Then What? (Allen & Unwin), Calm Eating (Allen & Unwin), If not dieting Eating Awareness Diary, If not dieting Pedometer.
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