

## Monitoring Your Appetite

### Notes to Self:

Describe physical sensations and explain negative feelings

Day: M T W Th F S Sun

Time	Too Hungry				N			Ignored Fullness	Feel		
									Pos		
									Neutral		
									Neg		
M	1	2	3	4	5	6	7				
S			Ate Mindfully								
Time	Too Hungry				N			Ignored Fullness	Feel		
									Pos		
									Neutral		
									Neg		
M	1	2	3	4	5	6	7				
S			Ate Mindfully								
Time	Too Hungry				N			Ignored Fullness	Feel		
									Pos		
									Neutral		
									Neg		
M	1	2	3	4	5	6	7				
S			Ate Mindfully								
Time	Too Hungry				N			Ignored Fullness	Feel		
									Pos		
									Neutral		
									Neg		
M	1	2	3	4	5	6	7				
S			Ate Mindfully								

### Goals:

- Eat scheduled meals/snacks.
- Avoid getting too hungry.
- Resist urges to eat when not hungry.
- Stop at moderate fullness.
- Explain negative feelings.

## Monitoring External Cues

Day: **M T W Th F S Sun** Notes to Self:

Time	<b>Too Hungry</b>		N	<b>Ignored Fullness</b>	<b>Feel</b> Pos Neutral Neg	CD to start? CD to stop?	
	1	2	3	4	5	6	7
M			Ate Mindfully				
S						<b>FoodA</b>	
Time	<b>Too Hungry</b>		N	<b>Ignored Fullness</b>	<b>Feel</b> Pos Neutral Neg	CD to start? CD to stop?	
	1	2	3	4	5	6	7
M			Ate Mindfully				
S						<b>FoodA</b>	
Time	<b>Too Hungry</b>		N	<b>Ignored Fullness</b>	<b>Feel</b> Pos Neutral Neg	CD to start? CD to stop?	
	1	2	3	4	5	6	7
M			Ate Mindfully				
S						<b>FoodA</b>	
Time	<b>Too Hungry</b>		N	<b>Ignored Fullness</b>	<b>Feel</b> Pos Neutral Neg	CD to start? CD to stop?	
	1	2	3	4	5	6	7
M			Ate Mindfully				
S						<b>FoodA</b>	

**Unhelpful External Cues/People**  
(Triggered urges to eat when not hungry or desire to keep eating past 5.5 on the scale)

**Helpful External Cues/People**  
(Encouraged you to stop at moderate fullness)

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## Monitoring the What the Heck Response

Day: M T W Th F S Sun

Time	<b>Too Hungry</b>				N			<b>Ignored Fullness</b>	<b>Feel</b>	
									Pos	_____
M	1	2	3	4	5	6	7		Neutral	_____
S			Ate Mindfully U-NB			FoodA Heck	B		Neg	_____
Time	<b>Too Hungry</b>				N			<b>Ignored Fullness</b>	<b>Feel</b>	
									Pos	_____
M	1	2	3	4	5	6	7		Neutral	_____
S			Ate Mindfully U-NB			FoodA Heck	B		Neg	_____
Time	<b>Too Hungry</b>				N			<b>Ignored Fullness</b>	<b>Feel</b>	
									Pos	_____
M	1	2	3	4	5	6	7		Neutral	_____
S			Ate Mindfully U-NB			FoodA Heck	B		Neg	_____
Time	<b>Too Hungry</b>				N			<b>Ignored Fullness</b>	<b>Feel</b>	
									Pos	_____
M	1	2	3	4	5	6	7		Neutral	_____
S			Ate Mindfully U-NB			FoodA Heck	B		Neg	_____

**Notes to Self:**

Write down unhelpful thoughts/excuses. Use your wise mind (WM) to challenge all-or-nothing/magical thinking, denial, hopelessness, rebellion.

**Goals:**

- Choose anti-deprivation eating (as needed).
- Challenge excuses to binge.
- Stop at point of diminishing returns.
- Reduce size of binges.

**Daily Summary:**

No B? \_\_\_\_\_

All normal eating? \_\_\_\_\_

Deprivation: Low Med High

## Monitoring Emotional Eating

Day: **M T W Th F S Sun**

Time **Too Hungry** **Ignored Fullness**

	1	2	3	4	5	6	7
M	---	---		N		---	---
S			<b>Ate Mindfully</b>			<b>FoodA</b>	
			<b>U-NB</b>			<b>Heck</b>	
						<b>EmEat</b>	

**Feel**  
Pos  
Neutral  
Neg

**Notes to Self:**

Write down unhelpful thought or excuses. Use your wise mind to challenge them. When you mark EmEat, describe your emotions or the food you want to eat.

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Time **Too Hungry** **Ignored Fullness**

	1	2	3	4	5	6	7
M	---	---		N		---	---
S			<b>Ate Mindfully</b>			<b>FoodA</b>	
			<b>U-NB</b>			<b>Heck</b>	
						<b>EmEat</b>	

**Feel**  
Pos  
Neutral  
Neg

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Time **Too Hungry** **Ignored Fullness**

	1	2	3	4	5	6	7
M	---	---		N		---	---
S			<b>Ate Mindfully</b>			<b>FoodA</b>	
			<b>U-NB</b>			<b>Heck</b>	
						<b>EmEat</b>	

**Feel**  
Pos  
Neutral  
Neg

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Time **Too Hungry** **Ignored Fullness**

	1	2	3	4	5	6	7
M	---	---		N		---	---
S			<b>Ate Mindfully</b>			<b>FoodA</b>	
			<b>U-NB</b>			<b>Heck</b>	
						<b>EmEat</b>	

**Feel**  
Pos  
Neutral  
Neg

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Time **Too Hungry** **Ignored Fullness**

	1	2	3	4	5	6	7
M	---	---		N		---	---
S			<b>Ate Mindfully</b>			<b>FoodA</b>	
			<b>U-NB</b>			<b>Heck</b>	
						<b>EmEat</b>	

**Feel**  
Pos  
Neutral  
Neg

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Mark episodes of effective emotional eating as EEE and episodes of anti-deprivation eating as ADE.

**Daily Summary:**

**Binge?** \_\_\_\_

**All normal eating?** \_\_\_\_

**Deprivation:**    **Low**    **Med**    **Hi**

## Monitoring Food Type

**Before eating:** Use wise mind to balance anticipated taste and feel of foods

Day: **M T W Th F S Sun**

Time	<b>Too Hungry</b>				<b>N</b>			<b>Ignored Fullness</b>
M	1	2	3	4	5	6	7	
S			<b>Ate Mindfully</b>					<b>Heck</b>

  

Time	<b>Too Hungry</b>				<b>N</b>			<b>Ignored Fullness</b>
M	1	2	3	4	5	6	7	
S			<b>Ate Mindfully</b>					<b>Heck</b>

  

Time	<b>Too Hungry</b>				<b>N</b>			<b>Ignored Fullness</b>
M	1	2	3	4	5	6	7	
S			<b>Ate Mindfully</b>					<b>Heck</b>

  

Time	<b>Too Hungry</b>				<b>N</b>			<b>Ignored Fullness</b>
M	1	2	3	4	5	6	7	
S			<b>Ate Mindfully</b>					<b>Heck</b>

Worth It	Not Worth It

Information for personal food guidelines: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Daily Summary:**  
 No B? \_\_\_\_\_  
 All normal eating? \_\_\_\_\_  
 Deprivation: Low Med Hi

## Monitoring Compensation

### Notes to Self:

Write down unhelpful thoughts or excuses. Use your wise mind to challenge them. When you mark EmEat, describe your emotions or the food you wanted to eat.

Day: **M T W Th F S Sun**

Time **Too Hungry** N **Ignored Fullness**

M 1 2 3 4 5 6 7

S Ate Mindfully FoodA

Ignored Hunger U-NB B Heck

PL-B/P U-NP P EmEat

**Feel**  
Pos  
Neutral  
Neg

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Time **Too Hungry** N **Ignored Fullness**

M 1 2 3 4 5 6 7

S Ate Mindfully FoodA

Ignored Hunger U-NB B Heck

PL-B/P U-NP P EmEat

**Feel**  
Pos  
Neutral  
Neg

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Time **Too Hungry** N **Ignored Fullness**

M 1 2 3 4 5 6 7

S Ate Mindfully FoodA

Ignored Hunger U-NB B Heck

PL-B/P U-NP P EmEat

**Feel**  
Pos  
Neutral  
Neg

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Time **Too Hungry** N **Ignored Fullness**

M 1 2 3 4 5 6 7

S Ate Mindfully FoodA

Ignored Hunger U-NB B Heck

PL-B/P U-NP P EmEat

**Feel**  
Pos  
Neutral  
Neg

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Time **Too Hungry** N **Ignored Fullness**

M 1 2 3 4 5 6 7

S Ate Mindfully FoodA

Ignored Hunger U-NB B Heck

PL-B/P U-NP P EmEat

**Feel**  
Pos  
Neutral  
Neg

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### Goals:

My plan for today is \_\_\_\_ meals and \_\_\_\_ snacks.  
 No Deliberately Ignoring Hunger.  
 Cross over Neutral.  
 Choose Anti-Deprivation Eating (as needed).  
 Withdraw Permission to B/P.  
 Note Urges to Overexercise.

### Daily Summary:

No P? \_\_\_\_ No B? \_\_\_\_  
 All normal eating? \_\_\_\_  
 Deprivation: Low Med Hi

## Monitoring Restriction

Write down unhelpful thoughts/excuses that encourage you to restrict. Use your wise mind to challenge those thoughts.

Day: **M T W Th F S Sun**

Time **Too Hungry** Ignored Fullness

M 1 2 3 4 5 6 7  
S **Ate Mindfully**

U-NRes  
Ignored Hunger

**Feel**  
Pos  
Neutral  
Neg

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Time **Too Hungry** Ignored Fullness

M 1 2 3 4 5 6 7  
S **Ate Mindfully**

U-NRes  
Ignored Hunger

**Feel**  
Pos  
Neutral  
Neg

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Time **Too Hungry** Ignored Fullness

M 1 2 3 4 5 6 7  
S **Ate Mindfully**

U-NRes  
Ignored Hunger

**Feel**  
Pos  
Neutral  
Neg

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Time **Too Hungry** Ignored Fullness

M 1 2 3 4 5 6 7  
S **Ate Mindfully**

U-NRes  
Ignored Hunger

**Feel**  
Pos  
Neutral  
Neg

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Time **Too Hungry** Ignored Fullness

M 1 2 3 4 5 6 7  
S **Ate Mindfully**

U-NRes  
Ignored Hunger

**Feel**  
Pos  
Neutral  
Neg

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**Goals:**

My plan for today is \_\_\_ meals and \_\_\_ snacks.  
Resist urges to skip meals or ignore hunger.  
Cross over Neutral.  
Eat what I want (reduces preoccupation).  
Challenge negative feelings/fears.

**Daily Summary:**

# ignored hunger \_\_\_  
# hunger violations \_\_\_  
# times you ate \_\_\_  
# times you crossed over N \_\_\_  
# times you felt positive \_\_\_  
Preoccupation: Low Med Hi

## Monitoring for Weight Loss

Balance need for pleasure from food with knowledge of calorie density of options

Day: **M T W Th F S Sun**

Time	<b>Too Hungry</b>			N			<b>Ignored Fullness</b>
M	1	2	3	4	5	6	7
S			Ate Mindfully Ate When Not Hungry				
Time	<b>Too Hungry</b>			N			<b>Ignored Fullness</b>
M	1	2	3	4	5	6	7
S			Ate Mindfully Ate When Not Hungry				
Time	<b>Too Hungry</b>			N			<b>Ignored Fullness</b>
M	1	2	3	4	5	6	7
S			Ate Mindfully Ate When Not Hungry				
Time	<b>Too Hungry</b>			N			<b>Ignored Fullness</b>
M	1	2	3	4	5	6	7
S			Ate Mindfully Ate When Not Hungry				

Worth It	Not Worth It

Note effective use of food (ADE & EEE): \_\_\_\_\_

\_\_\_\_\_

Note any new information for personal food guidelines:

\_\_\_\_\_

Note Exercise: \_\_\_\_\_

\_\_\_\_\_

**Daily Summary:**

All normal eating? \_\_\_\_

# times just full \_\_\_\_

# times ate when not hungry \_\_\_\_

Deprivation:

Low Med Hi