

Appetite Awareness Scale

Too Hungry

Mindful Eating

Ignored Fullness

1	2	3	4	5	6	7
Starving	Very hungry, hunger pangs	Just hungry	Neutral	Just full, satisfied	Quite full, a little heavy	Stuffed, uncomfortable

Goals:

- Eat 3-5 times per day, at regular times
- Avoid getting too hungry
- Stop at moderate fullness
- Notice urges to eat when not hungry and make conscious decisions when to eat/not eat
- Mindful = tuned in, ate slowly, noticed taste

Time + meal/snack	Hunger #	Full #	Mindful?	Notes
			Very Somewhat Not at all	
			Very Somewhat Not at all	
			Very Somewhat Not at all	
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			Very Somewhat Not at all	