

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
- Notice urges to eat when not hungry and choose not to eat
- Stop at moderate fullness
- Explain negative feelings

Time + meal/snack	Hunger #	Full #	Rate the eating experience	Notes
			Negative Neutral Positive	
			Negative Neutral Positive	
			Negative Neutral Positive	
			Negative Neutral Positive	
			Negative Neutral Positive	

Topics for Notes Section

Week 1	What prompted you to start and stop eating?
Week 2	Rate the eating experience after; negative, neutral, or positive
Week 3	Note when making a conscious decision to start and stop eating (CD); Note helpful/unhelpful cues
Week 4	Keep noting CDs and note when engaging in unhelpful eating cycles (Emotional eating, food available, ignoring hunger, ignoring fullness, what the heck)
Week 5	Repeat any previous week or note anything useful to you
Week 6	Note urge to overeat/emotionally eat/binge and if you acted on it or not
Week 7	Note urge to overeat/emotionally eat/binge and if you acted on it or not; Note if used any skills (Anti-deprivation eating, effective emotional eating, point of diminishing returns)
Week 8	Repeat any previous week or note anything useful to you. You could use the notes section to practice kind thoughts to your body.
Week 9	Report on food experiments and decide if foods are “worth it” or not
Week 10	Ongoing: take notes on any of the above as needed