6 Steps to Eating Awareness

1. **HALT! Ask yourself, “Am I physically Hungry?”**
   
   If you’re NOT physically hungry, ask yourself...
   
   - “Why is my desire to eat so high right now?”
   - “Am I eating out of **H** (habit) or am I feeling **A** (anxious/stressed), **L** (lonely/sad), **T** (tired/bored), or something else???”
   - “What could I do instead of eat to meet my non-hunger needs?”

   If you’re NOT physically hungry, but you’re craving a specific type of food, ask yourself, “What is it that I really want?”

2. **Before eating, rate your physical hunger level on a scale of 0-5 (see back).**

3. **Eat slowly, sitting down, without distractions, and in full awareness.**

4. **Record food and amount eaten.**

5. **Record mood, thoughts, and feelings before, during, and after you eat.**

6. **After eating, rate your physical fullness level on a scale of 5 – 10 (see back).**

Adapted from Karin Kratina, MA, RD Moving Away From Diets
**EATING AWARENESS JOURNAL**

**Hunger →→ Fullness**  
**Optimal Zone**

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0 – Starving & Beyond

1 – You are so hungry, you want to order everything on the menu.

2 – Everything on the menu begins to look good. You may be very preoccupied with your hunger.

3 – You are hungry, and the urge to eat is strong.

4 – A little hungry. You can wait to eat, but you know you will be getting hungry soon.


6 – No longer hungry. You sense food in your belly but you could definitely eat more.

7 – Hunger is definitely gone. Stop here, and you may not feel hungry again for 3 to 4 hours.

8 – Not uncomfortable, but definitely have eaten a belly-full.

9 – Moving into uncomfortable.

10 – Very uncomfortable! Maybe even painful!!!

Adapted from Karin Kratina, MA, RD *Moving Away From Diets*
## Eating Awareness Journal

**Today's Goal/Affirmation:**

**Physical Activity:**

**Date:**

**Time** | **0** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **Comments**
---|---|---|---|---|---|---|---|---|---|---|---|---|

### Food & Quantity
**HALT – Am I hungry?**
If Not, Why is my desire to eat so strong right now?
1. Am I eating out of H (habit)? Or am I feeling A (anxious/stressed), L (lonely/sad), T (tired/bored) or something else?

### Hunger → Fullness Rating
**0-Starving,** 1-So hungry, want to order everything 2-Everything looks good; may be preoccupied w/hunger 3-Hungry, urge to eat strong 4-Little hungry; can wait, but will be getting hungry soon 5-Neutral; not hungry or full 6-No longer hungry; sense food in belly, but could eat more 7-Hunger definitely gone; stop here, and may not feel hungry for 3-4 hrs 8-Not uncomfortable, but definitely eaten a belly full 9-Moving into uncomfortable 10-Very uncomfortable

Adapted from Karin Kratina, MA, RD *Moving Away From Diets*