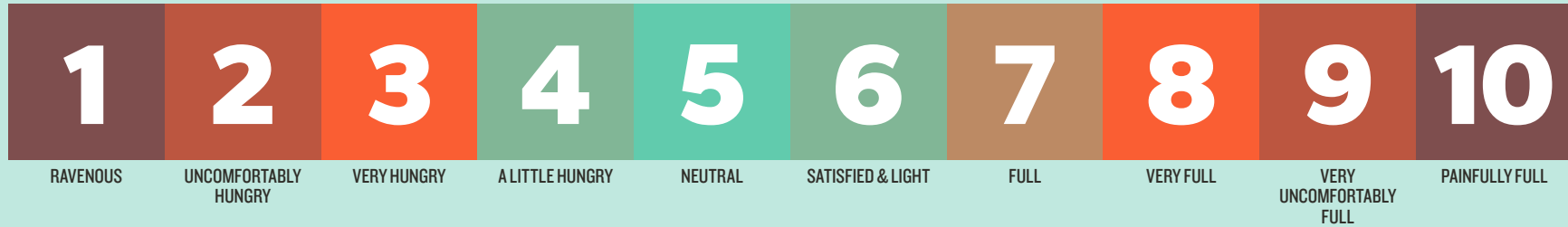


Mindful Eating Checklist

USE THIS CHECKLIST BEFORE, DURING AND AFTER YOU EAT TO DEVELOP A STRONGER AND MORE MINDFUL SKILLS

THE HUNGER SCALE



How To Use: It's recommended to stay in the green/yellow and assess your own body's cues. (It's a good idea to not let hunger become too intense (1, 2), but also not fear being hungry!)
Note: Try 1-2 of these tips at a time if this is a new concept for you.

PRE-MEAL

- Hunger Scale:** Consider what hunger level you're at using scale and write notes/thoughts:

- Emotional Barometer:** Consider current emotion with/without details.
Examples: upset with boss, overwhelmed, happy, neutral, nervous for XYZ

- Somatic Scan:** What body sensations pleasant, neutral, or discomfort are you aware of?

DURING MEAL

- Eliminate Distractors of Mindfulness:**
Examples: computer, phone, driving, work, TV, etc.

- Smaller bites, fork down:** Try taking smaller bites, and putting your fork down in-between bites.

- Gratitude for food:** Take a moment to express thanks for where the food came from, the preparation of the food, the person making it or preparing it (yes, that may mean thanking yourself!).

- Slow Down:** what FOOD senses do you notice?
(Texture, temperature, tastes, smells)

- Slow Down:** what BODY sensations are you aware of?
(Pleasant, neutral, or discomfort)

POST MEAL

- Hunger Scale:** Evaluate hunger levels on the hunger scale post-meal to assess and notice.

- Acknowledge/reflect** how you feel post-meal

MORE THOUGHTS