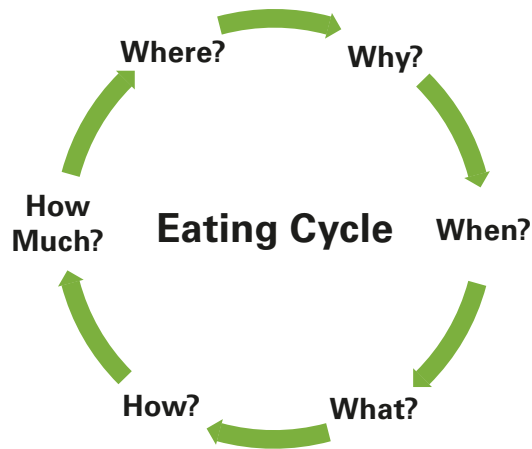


Good nutrition and diet starts with mindful eating

If you want to gain control over your eating habits, it helps to understand the motivations that drive your appetite. This worksheet will help you focus on the why and when behind what you eat.



Why do I eat? (Circle)

- Environmental** social event, outside distractions
- Emotional** comfort, celebration, pleasure, sadness, stress, boredom
- Restrictive** dieter’s mentality, pre-occupation with food/calories, feelings of deprivation

When do I eat?

I feel like eating when _____ .

I can redirect my attention away from food by _____ .

Continued on next page

What do I eat?

I prefer foods that are _____.

I could benefit from adding more of this to my diet: (circle)

Balance balance eating for nourishment with eating for enjoyment

Variety eat a variety of foods from the different food groups

Moderation watching portion sizes throughout the day

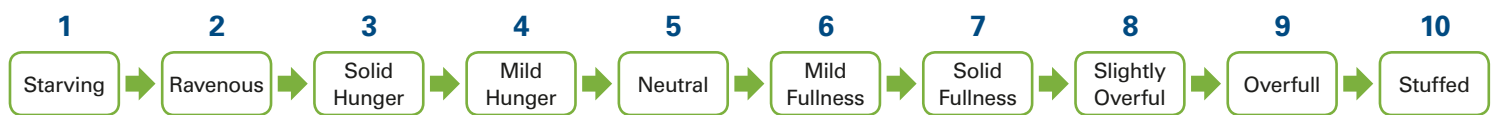
How do I eat?

I usually eat my meals while _____.

I could minimize distractions during my meals by _____.

How much do I eat?

Circle where you are on the scale when you finish eating.



Where do I invest my energy?

Most of my energy is spent doing _____.

 Call your health coach if you have questions.