

MINDFUL EATING WORKSHEET

One of the first steps in taking back control of your nutrition and eating is to become more mindful. Mindful eating is being more aware of your eating habits, the sensations you experience when you eat, and the thoughts and emotions that you have about your food. It is more about how you eat than what you eat.

Date	Time	With whom and/or where	Thoughts & feelings before eating	Foods & fluids consumed	Thoughts & feelings after eating	Planned or unplanned?

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