

WEIGHT LOSS INTANGIBLES JOURNAL BUNDLE



ESTHER
AVANT
WELLNESS COACHING

HOW TO USE

These journals are **not** intended to be used all at once, or all the time!

They are simple *tools* in your weight loss toolbox.

They're available to you anytime you need them which means there's no rush or pressure to start using them all right away.

Simply use what will benefit you most *right now* and file the rest away for later.

BEHAVIOR AWARENESS JOURNAL

HOW TO USE

Even though emotional eating *seems* spur-of-the-moment, it's really not. The stage gets set long before you dive into that ice cream.

This journal will help you become more aware of what's going on so that you can break the chain before you're surrounded by empty bags.

What do your "episodes" have in common? Time of day? Situation? Type of food? Specific person? Feeling a certain way?

Describe in as much detail as possible what you are/remember experiencing, at each stage.

Then **go back and review**. Look for commonalities. Look at the steps that lead to the final result.

When you understand the process and patterns, you can break the cycle and get a different outcome.

Use this journal as a template every time you have an episode of emotional eating or not following the food plan you made for yourself.

Be honest and thorough. You're collecting *data* so that you can analyze your own patterns..and develop strategies to deal with them in ways that don't involve food.

BEHAVIOR AWARENESS JOURNAL

2-3 HOURS BEFORE

What are you doing?

Time:

Gray response box for "What are you doing?"

What are you thinking?

Gray response box for "What are you thinking?"

What are you feeling physically?

Gray response box for "What are you feeling physically?"

What are you feeling emotionally?

Gray response box for "What are you feeling emotionally?"

Where are you?

Gray response box for "Where are you?"

Who are you with?

Gray response box for "Who are you with?"

BEHAVIOR AWARENESS JOURNAL

IMMEDIATELY BEFORE

What are you doing?

Time:

Blank grey box for writing the answer to "What are you doing?"

What are you thinking?

Blank grey box for writing the answer to "What are you thinking?"

What are you feeling physically?

Blank grey box for writing the answer to "What are you feeling physically?"

What are you feeling emotionally?

Blank grey box for writing the answer to "What are you feeling emotionally?"

Where are you?

Blank grey box for writing the answer to "Where are you?"

Who are you with?

Blank grey box for writing the answer to "Who are you with?"

BEHAVIOR AWARENESS JOURNAL

IN THE MIDDLE OF IT

What are you doing?

Time:

Gray rectangular area for writing the answer to "What are you doing?"

What are you thinking?

Gray rectangular area for writing the answer to "What are you thinking?"

What are you feeling physically?

Gray rectangular area for writing the answer to "What are you feeling physically?"

What are you feeling emotionally?

Gray rectangular area for writing the answer to "What are you feeling emotionally?"

Where are you?

Gray rectangular area for writing the answer to "Where are you?"

Who are you with?

Gray rectangular area for writing the answer to "Who are you with?"

BEHAVIOR AWARENESS JOURNAL

IMMEDIATELY AFTER

What are you doing?

Time:

Gray response box for "What are you doing?"

What are you thinking?

Gray response box for "What are you thinking?"

What are you feeling physically?

Gray response box for "What are you feeling physically?"

What are you feeling emotionally?

Gray response box for "What are you feeling emotionally?"

Where are you?

Gray response box for "Where are you?"

Who are you with?

Gray response box for "Who are you with?"

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HOW HUNGRY ARE YOU?

The Hunger Timeline



JUST BEFORE YOU EAT

Are you physically hungry? Pause and check in. Look for signals: rumbling stomach, lightheadedness, irritability, etc. You want to be ~7 on the hunger scale.



RIGHT AFTER YOU EAT

To be satisfied but not stuffed, shoot for 2-3 on the hunger scale. Pause for 15-20 minutes before you eat more to give your brain time to catch up.



1 HR AFTER YOU EAT

Still physically satisfied w no desire to eat another meal.



2 HRS AFTER YOU EAT

May start to feel a little hungry. Could eat but feeling isn't overwhelming.



3 HRS AFTER YOU EAT

May be getting a bit hungry, 4-6 out of 10. If you're ~7, eat. If not, don't.



4+ HRS AFTER YOU EAT

Probably pretty hungry, ~7+. If so, eat. Be prepared with a healthy and quick option.

HOW HUNGRY ARE YOU?

GOALS

1

Stay aware of physical hunger cues.

2

Start eating when you're a 7+.

3

Stop eating when you're a 2-3.

4

Notice thoughts, emotions, physical sensations around meals.

5

Try to distinguish "need to eat" from "want to eat" or "should eat".

HOW TO USE

Step 1) Mark **TWO** boxes for each meal:

- how hungry you are when you **start** eating
- how hungry you are when you **finish** eating.

(1 = not hungry at all, 10 = hungriest you've ever been)

Step 2) **Notice and note physical & emotional sensations** at each meal. For physical, focus on how your stomach feels, in particular.

EXAMPLE:

DATE

TIME

1/9

9am

HUNGER SCALE

Not Hungry

Hungriest

1 **2** **3** **4** **5** **6** **7** **8** **9** **10**

Notes

Ate too much. Stomach hurts, having trouble breathing

HOW HUNGRY ARE YOU?

DATE	TIME	HUNGER SCALE									
		Not Hungry									Hungriest
		1	2	3	4	5	6	7	8	9	10
		Notes									
		1	2	3	4	5	6	7	8	9	10
		Notes									
		1	2	3	4	5	6	7	8	9	10
		Notes									
		1	2	3	4	5	6	7	8	9	10
		Notes									
		1	2	3	4	5	6	7	8	9	10
		Notes									
		1	2	3	4	5	6	7	8	9	10
		Notes									

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80% FULL MEAL JOURNAL

MEAL TIME WHAT DID YOU EAT? 80% FULL?

YES
 NO

YES
 NO

YES
 NO

YES
 NO

YES
 NO

YES
 NO

YES
 NO

YES
 NO

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EATING SLOWLY MEAL JOURNAL

MEAL TIME

WHAT DID YOU EAT?

DID YOU EAT
SLOWLY?

YES
 NO

YES
 NO

YES
 NO

YES
 NO

YES
 NO

YES
 NO

YES
 NO

YES
 NO

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MEAL DURATION JOURNAL

START TIME

WHAT DID YOU EAT?

STOP TIME

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