# WEIGHT LOSS INTANGIBLES JOURNAL BUNDLE





### **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.



#### 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.



#### 2-3 HOURS BEFORE

What are you doing?	Time:
What are you thinking?	
What are you feeling physically?	
What are you feeling emotionally?	
Where are you?	
Who are you with?	



#### IMMEDIATELY BEFORE

What are you doing?	Time:
What are you thinking?	
What are you feeling physically?	
What are you feeling emotionally?	
Where are you?	
Who are you with?	



#### IN THE MIDDLE OF IT

What are you doing?	Time:
What are you thinking?	
What are you feeling physically?	
What are you feeling emotionally?	
Where are you?	
Who are you with?	



#### **IMMEDIATELY AFTER**

What are you doing?	Time:
What are you thinking?	
What are you feeling physically?	
What are you feeling emotionally?	
Where are you?	
Who are you with?	





#### **HOW HUNGRY ARE YOU?**

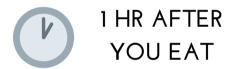
### The Hunger Timeline



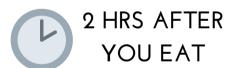
Are you physically hungry? Pause and check in. Look for signals: rumbling stomach, lightheadedness, irritability, etc. You want to be ~7 on the hunger scale.



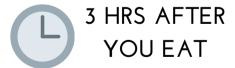
To be satisfied but not stuffed, shoot for 2-3 on the hunger scale. Pause for 15-20 minutes before you eat more to give your brain time to catch up.



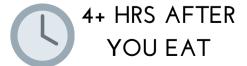
Still physically satisfied w no desire to eat another meal.



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



May be getting a bit hungry, 4-6 out of 10. If you're  $^{\sim}$ 7, eat. If not, don't.



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



#### **HOW HUNGRY ARE YOU?**









Stop eating when you're a 2-3.



Notice thoughts, emotions, physical sensations around meals.



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

#### HOW TO USE

Step 1) Mark TWO boxes for each meal:

- a) how hungry you are when you start eating
- b) 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.

#### FXAMPLE:

DATE

1/9

TIME

9am

**HUNGER SCALE** 

Not Hungry

Hungriest

12 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									
			_	_	4	5	6	7	8		10
		<b>1</b> Notes	2	3	4	5	6	7	8	9	10
		1 Notes	2	3	4	5	6	7	8	9	10
		1 Notes	2	3	4	5	6	7	8	9	10
		1 Notes	2	3	4	5	6	7	8	9	10
		<b>1</b> Notes	2	3	4	5	6	7	8	9	10
		1 Notes	2	3	4	5	6	7	8	9	10
		1 Notes	2	3	4	5	6	7	8	9	10





### 80% FULL MEAL JOURNAL

MEAL TIME	WHAT DID YOU EAT?	80% FULL?
		YES NO
		YES
		YES NO
		YES NO
		YES NO
		YES NO
		YES NO
		YES NO





# EATING SLOWLY MEAL JOURNAL

MEAL TIME	WHAT DID YOU EAT?	SLOWLY?
		YES NO
		YES
		YES NO
		YES NO
		YES NO
		YES
		YES NO
		YES NO





### **MEAL DURATION JOURNAL**

START TIME	WHAT DID YOU EAT?	STOP TIME

