

Worksheet for Clients

Name _____ Date _____

Appetite Awareness Training

Overview

Appetite awareness training is an evidence-based approach that helps people develop a greater awareness of their eating habits and make small, meaningful changes to improve their overall health and well-being. This approach involves learning to pay attention to physical hunger, fullness cues, and emotional and environmental triggers that can lead to overeating.

Instructions:

1. Ask yourself these questions before you start the tracking. They will help to determine your hunger and fullness levels.

How does my body feel right now?	
How does my body feel when it's empty?	
How does my body feel when it's full?	

2. Choose one meal of the day and track your hunger level from 1-7 before eating. On this scale, seven means stuffed, four means neutral, and one means incredibly hungry.

	1	2	3	4	5	6	7
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

3. Choose one meal of the day and track your fullness level after you've eaten. On this scale, seven means stuffed, four is neutral, and one is incredibly hungry.

	1	2	3	4	5	6	7
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							