

## MINDFUL NUTRITION LOG

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Please write down everything you eat and drink for each day, indicating time and amount.

Day/Date	Time, #, Food, #	Time, #, Food, #	Time, #, Food, #	Time, #, Food, #	Time, #, Food, #

**KEY:** The Hunger Scale #:

1. Starving – Ravenous – Weak – Grouchy!
2. Uncomfortably Hungry
3. Very Hungry – “I’m ready to eat now.”
4. A Little Hungry
5. Not Full But Not That Hungry – “My mind is on things other than food.”
6. Satisfied and Light – “I could eat more but...”
7. Comfortable But Slightly Too Full
8. Very Full – “I ate more than I needed.”
9. Too Full – Feeling Heavy and Uncomfortable
10. Thanksgiving Dinner Full – In A Food Coma!