



# Mindful Eating Challenge

Week 1

## Dear Food Diary . . .

### What

Is your brain telling you that you are hungry when your stomach might think otherwise? Do you eat when you are bored, tired, happy, or sad? For this goal you will write down your thoughts, moods and feelings around eating. What was your mood before you started eating? What was your mood after? Note the way the food tastes: what is the texture? The flavor? You are not tracking calories or fat or even portion size. Your task is to be mindful of the feelings you have when you eat and to pay attention to your mind and body when you are hungry.

You can use a food diary, journal or, if you are technically inclined, even a blog! You can use the Food'n'Mood Journal listed in the resource section below, or go and get yourself a new journal book to use – it is all up to you as long as you note the following when you decide to eat:

- Time (when you start eating and when you finish)
- Place (where are you when you are eating?)
- Food/Beverage
- How much you ate
- Mood before eating
- Mood after eating
- Comments about what you ate
- How your physical body felt after you ate

### How long

You must keep a food diary of what you ate for at least 2 times a day for at least 5 days of the week of the challenge.

### Why

In order to increase self-awareness when it comes to food, it is important begin keeping track of why, what and how we eat. Doing so can make it easier to pinpoint the areas we need to pay more attention to.

### Resources

- Food'n'Mood Journal: [http://www.personal-nutrition-guide.com/support-files/food\\_mood\\_journal.pdf](http://www.personal-nutrition-guide.com/support-files/food_mood_journal.pdf)
- WebMD article on keeping a food journal: <http://www.webmd.com/diet/news/20080708/keeping-food-diary-helps-lose-weight>
- Cleveland Clinic article on keeping a food journal: [http://my.clevelandclinic.org/healthy\\_living/weight\\_control/hic\\_keep\\_a\\_food\\_journal.aspx](http://my.clevelandclinic.org/healthy_living/weight_control/hic_keep_a_food_journal.aspx)