

Hunger & Emotion Awareness Log

A simple tool to help you understand what's driving your eating.

SECTION 1 — HOW TO USE THIS LOG

Before eating, pause for 5–10 seconds and notice:

- What type of hunger am I feeling?
- What emotion is present?
- What triggered this urge?

There is no "right" answer. This is about awareness, not perfection.

SECTION 2 — QUICK REFERENCE KEY

Hunger Types

- **PHYSICAL** — stomach cues, gradual
- **EMOTIONAL** — stress, boredom, loneliness, overwhelm
- **ENVIRONMENTAL** — seeing food, smells, social cues, habit cues

Common Emotions

- Stress · Boredom · Tired · Lonely
- Anxious · Overwhelmed · Neutral
- Happy / celebratory

SECTION 3 — DAILY LOG

Make quick notes before or around eating. 5–10 seconds per entry is enough.

Time	Hunger Type (circle or tick)	Emotion (circle or tick)	Trigger (1–2 words)	What I Chose To Do	Fullness After 1–5
e.g., 12:30	PHYS EMO ENV	Stress Bored Tired Lonely Anxious Happy Other: _____			○ ○ ○ ○ ○ 1 = still hungry · 5 = very full
	PHYS EMO ENV	Stress Bored Tired Lonely Anxious Happy Other: _____			○ ○ ○ ○ ○ 1 2 3 4 5
	PHYS EMO ENV	Stress Bored Tired Lonely Anxious Happy Other: _____			○ ○ ○ ○ ○ 1 2 3 4 5
	PHYS EMO ENV	Stress Bored Tired Lonely Anxious Happy Other: _____			○ ○ ○ ○ ○ 1 2 3 4 5
	PHYS EMO ENV	Stress Bored Tired Lonely Anxious Happy Other: _____			○ ○ ○ ○ ○ 1 2 3 4 5
	PHYS EMO ENV	Stress Bored Tired Lonely Anxious Happy Other: _____			○ ○ ○ ○ ○ 1 2 3 4 5

Section 4 — End-of-Day Reflection (Optional)

What patterns did I notice today (if any)?

Did I experience more physical, emotional, or environmental hunger?

One thing I want to remember for tomorrow:

"Awareness is the first step toward change. Be gentle with yourself."

MIND TREKS