Mindful Eating Worksheet

One slow snack or meal with all five senses, then a week of slower meals.



WHY IT HELPS

Most bites go down while we read, scroll or drive. Slowing one meal down and writing what you notice makes taste, hunger and fullness easier to feel, and shows what pulls you back to autopilot.

HOW TO USE IT

Pick	Choose one snack and sit down.
Notice	Go through each sense slowly.
Log	Slow one meal a day for a week.

INSIDE

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Start with a snack. A full meal is a lot to slow down on day one. Put the food down between bites.

FOOD I CHOSE

Apple slices with peanut butter

WHERE I AM EATING

Kitchen table, phone in my bag

HUNGER BEFORE I START

Very hungry | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Too full

1 Go through the senses

Slowly, before and during the first bites

Look

Look at the color, shape and shine.

Red and yellow skin, pale and wet inside

Smell

Smell it and notice if your mouth waters.

Sweet, a bit like cider. Mouth watered

Touch

Feel its weight, temperature and texture.

Cold slices, sticky peanut butter

Sound

Listen for a crunch, a snap or nothing at all.

Loud crunch on the first bite

Taste

Taste the first bite and how it changes as you chew.

Sweet then sour. Third slice less exciting

HUNGER WHEN I STOP

Very hungry | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Too full

WHEN I NOTICED I HAD ENOUGH

After the fourth slice, left two

HOW MY BODY FEELS NOW

Settled, no bloating this time

FOOD I CHOSE

WHERE I AM EATING

HUNGER BEFORE I START

Very hungry | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Too full

1 Go through the senses

Slowly, before and during the first bites

Look

Look at the color, shape and shine.

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Smell it and notice if your mouth waters.

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Sound

Listen for a crunch, a snap or nothing at all.

Taste

Taste the first bite and how it changes as you chew.

HUNGER WHEN I STOP

Very hungry | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Too full

WHEN I NOTICED I HAD ENOUGH

HOW MY BODY FEELS NOW

THE MEAL I WILL SLOW DOWN EACH DAY

WEEK STARTING

One line a day. Hunger runs from 1, very hungry, to 10, too full.

	MEAL AND MINUTES	DISTRACTIONS	HUNGER BEFORE, AFTER	HOW I FELT AFTER
Mon		Screen · Work · Car · None	to	
Tue		Screen · Work · Car · None	to	
Wed		Screen · Work · Car · None	to	
Thu		Screen · Work · Car · None	to	
Fri		Screen · Work · Car · None	to	
Sat		Screen · Work · Car · None	to	
Sun		Screen · Work · Car · None	to	

Week review

SLOW MEALS THIS WEEK	USUAL MINUTES	MOST COMMON DISTRACTION	SENSE I NOTICED FIRST

WHAT HELPED ME SLOW DOWN

WHAT GOT IN THE WAY

WHAT I NOTICED ABOUT HUNGER AND FULLNESS

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.

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