You can use this worksheet often to examine foods you “think” you truly enjoy. It is very tedious and time-consuming, but the results are amazing. Sit down with this one before you eat and document in detail.

Pick a Joy or Fuel food you really like.

Name of food:
Quantity you want to eat:
Where are you on the hunger scale?
Describe the food in detail (look, smell, texture, color, etc.):

Your feeling before eating the food:

Describe each bite and stop to write in between bites. Stop eating the food when you stop enjoying it.

Describe bite 1 in detail:

Describe bite 2 in detail:

Describe bite 3 in detail:

Describe bite 4 in detail:

Describe bite 5 in detail:

Describe bite 6 in detail:
Describe bite 7 in detail:

Describe bite 8 in detail:

Describe bite 9 in detail:

Describe bite 10 in detail:

Do all the bites taste the same? Yes or No (Circle one)

Does it start to taste less pleasurable or more pleasurable as you add bites? More or Less (Circle one)

What is your feeling after eating this food?

How much did you eat before feeling satisfied?

When did you stop eating?

Where are you on the Hunger Scale after eating this food?

How does this food feel in your body?
After you have completed the worksheet, answer the following questions:

Did you overeat more when you were below –2 on the hunger scale?

Were you able to get more satisfied when you paid more attention to each bite?

How did your feelings affect the quantity of food you ate?

Were your before and after feelings the same or different?

Did you ever stop at bite one (1) because you realized it was not something you wanted to eat?

General Thoughts About the Exercise…