

## *How To Use The Food Journal:*

This exercise is about mindfulness. There are many ways to consider your consumption of food: calories, fat content, protein intake, sodium levels, raw versus cooked, amount of carbohydrates, and portions. To complete the Guide's journal, there is no need to consult tables, weigh food or control portions. For the next 14 days, simply record and report on what foods you are eating, and how your emotional or sensory life coexists with this activity.

To complete the journal: You may simply list the foods you eat in each section (breakfast, lunch, dinner), check-off the amount of water and alcohol you imbibe, and answer the question of the day for each meal. Use this tool in any manner that seems comfortable, but use it every day for 14 days. You are bringing consciousness to the ordinary experience of feeding your body.

### **Reflections on your experience:**

When you have completed the full 14 days of journaling then you are ready to reflect on your diet. Are you properly nurturing yourself? How do you feel about the food you eat? How does the food you consume make you feel? Ah, you only completed 9 out of the 14 days. Hmmm, please try again. Just download a new form. You will get more insight into

your relationship with food if you consistently and daily work at awareness for the full 14 days.

You have completed your journal and now you are ready to evaluate your experience. Using the journal or any piece of paper write what comes to mind on the subject of *food/eating/dieting*. Yes, take a pen and paper (or the Guide) and write for 15 minutes (time yourself). Just let it out. No one will ever read what you have to say. Except you. Now read out loud what you have written. Hopefully your handwriting is better than mine. Yes, read it out loud to yourself. Whatever you have say is what you need to hear. Is there anything more you need to express on this subject? Write that down.

**You are ready to consider your relationship to food. Twelve questions:**

1. How do you rate your diet?
2. Are you nourishing yourself properly?
3. What foods or drinks trigger off-balance eating?

4. Do you feel that in general you overeat? When and why?
5. What do you really like to eat that you do not allow yourself to have?
6. Do you feel that in general you are eating too little? When and why?
7. What foods make you happy?
8. What could you do to enhance the pleasure of your eating experience?
9. What meal do you enjoy the most?
10. Do you feel that your body is comfortable with the weight you are carrying?
11. Do you know what your body really wants to eat?
12. If you decided to properly nourish yourself what would that look like?

# 14-day Food Journal

DAY 1 Breakfast	Lunch	Dinner	Snacks	Water Check=8 oz.
				Alcohol 4 oz
<b>Q: How filling was each meal?</b>				
A:				
DAY 2 Breakfast	Lunch	Dinner	Snacks	Water Check=8 oz.
				Alcohol 4 oz
<b>Q: What were the sounds in the room?</b>				
A:				
DAY 3 Breakfast	Lunch	Dinner	Snacks	Water Check=8 oz.
				Alcohol 4 oz
<b>Q: What were you thinking about during your meal or snack?</b>				
A:				
DAY 4 Breakfast	Lunch	Dinner	Snacks	Water Check=8 oz.
				Alcohol 4 oz
<b>Q: Were your meals or snacks healthy?</b>				
A:				

DAY 5 Breakfast	Lunch	Dinner	Snacks	Water Check=8 oz.
				Alcohol 4 oz

**Q: How do you rate your portions– tiny, modest or giant?**

A:

DAY 6 Breakfast	Lunch	Dinner	Snacks	Water Check=8 oz.
				Alcohol 4 oz

**Q: Rate your level of enjoyment. What was the best food you ate?**

A:

DAY 7 Breakfast	Lunch	Dinner	Snacks	Water Check=8 oz.
				Alcohol 4 oz

**Q: Where are you? Describe the place, each meal or snack.**

A:

DAY 8 Breakfast	Lunch	Dinner	Snacks	Water Check=8 oz.
				Alcohol 4 oz

**Q: Time yourself. How long did it take to eat each meal or snack.**

A:

DAY 9. Breakfast	Lunch	Dinner	Snacks	Water Check=8 oz.
				Alcohol 4 oz

**Q: What kind of mood were you in when you started to eat?**

A:

DAY 10 Breakfast	Lunch	Dinner	Snacks	Water Check=8 oz.
				Alcohol 4 oz

**Q: How could you have changed this experience?**

A:

DAY 11 Breakfast	Lunch	Dinner	Snacks	Water Check=8 oz.
				Alcohol 4 oz

**Q: Did this meal or snack make you sad or happy?**

A:

DAY 12 Breakfast	Lunch	Dinner	Snacks	Water Check=8 oz.
				Alcohol 4 oz

**Q: Did you take second servings or more at each meal or snack?**

A:

DAY 13 Breakfast	Lunch	Dinner	Snacks	Water Check=8 oz.
				Alcohol 4 oz

**Q: What were the colors of the foods you ate?**

DAY 14 Breakfast	Lunch	Dinner	Snacks	Water Check=8 oz.
				Alcohol 4 oz

**Q: What would you have changed about the meal or snack?**

A:

### **GEMS OF WISDOM ON LOSING WEIGHT:**

You may have decided that you do wish to relinquish a few extra pounds. In the many, many articles and books that I have read about losing weight, certain gems of wisdom show up over and over again. Here is the gold that I gleaned:

Gem Number 1: ***Keep a food journal.*** Women who write down what they eat and weigh themselves weekly have a much higher success rate in losing weight and keeping it off.

Gem Number 2: ***Choose one meal a day that you eat exactly the same food day after day.*** People tend to consume more of exciting new foods and less of very ordinary, familiar foods.

Gem Number 3: ***Exercise every day.*** Exercising early in your day raises your metabolism for the entire day.

Gem Number 4: ***Drink lots of water.*** If you feel hungry, try drinking some fluid. You may think you are very hungry, but you may just be *thirsty*. Try for 32 ounces of water every day.

Gem Number 5: ***Remove "sinful" food from your environment.*** Get rid of (throw out or give away) all foods that you have self-labeled unwise or that trigger you to eat out of control. You know what they are. Your partner will be fine. All these foods are readily available outside the home.

Gem Number 6: ***Eat fruits and vegetables.*** Fresh or frozen vegetables are your allies in weight control and health. Aim for variety and variety in color. Consume a rainbow of fruits and vegetables.

Gem Number 7: ***Think quality, not quantity.*** This might mean thinking local, thinking organic, and staying away from fast food. *Yes, your food costs may be higher, so select carefully what you eat.*

Gem Number 8: ***Eat like a queen.*** Savor your food. Set a beautiful table. Make dining a pleasure: sit down, see the food, slowly taste the food. Eat until you are just barely full, not until "I need a nap" or "Why did I eat so much?" full.