

THIN WITHIN TOOLS

THIN WITHIN FOOD LOG

This tool helps you observe not only the pattern of your eating but also the quantity of food you eat. As you associate a number with the different levels of hunger, you get in touch with your internal hunger signals. Use the Thin Within Food Log to record your hunger levels before and after you eat as well as to document the quantities of food you consume. Record all food and beverages (except water).

Example:

Thin Within Food Log

Hunger # before eating	Time	Item	Amount
0	Noon	Peanuts	Handful

Thin Within Food Log

Hunger # before Eating	Time	Items/ Amount	Hunger # after Eating	How I felt while Eating	Food Rating

www.thinwithinonline.com/tools

Reference: Wardell, Judy. Thin Within. Crown Publishers, Inc., 201 East 50th Street, New York, New York 10022. Copyright © 1985. Pg. 34-35.