

THIN WITHIN OBSERVATIONS AND CORRECTIONS CHART

Use the eight keys on the Thin Within Observations and Corrections Chart to help listen to your body's hunger signals. Use colored pens and stickers. Whenever you eat or drink, place a mark next to all the keys you use. Observe which keys have few or no marks next to them and make an effort to correct your eating habits by using those keys.

Example:

Observations	Day 1
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank only the things my body loved.	
6. I paid attention only to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

www.thinwithinonline.com/tools

Reference: Wardell, Judy. Thin Within. Crown Publishers, Inc., 201 East 50th Street, New York, New York 10022. Copyright © 1985. Pg. 8–10.