Good nutrition and diet starts with mindful eating

If you want to gain control over your eating habits, it helps to understand the motivations that drive your appetite. This worksheet will help you focus on the why and when behind what you eat.

Why do I eat? (Circle)

- Environmental: social event, outside distractions
- Emotional: comfort, celebration, pleasure, sadness, stress, boredom
- Restrictive: dieter’s mentality, pre-occupation with food/calories, feelings of deprivation

When do I eat?

I feel like eating when ________________________________ .

I can redirect my attention away from food by ________________________________ .

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Call your health coach if you have questions.
**Nutrition**

**What do I eat?**
I prefer foods that are ________________________.

I could benefit from adding more of this to my diet: (circle)
- **Balance**: balance eating for nourishment with eating for enjoyment
- **Variety**: eat a variety of foods from the different food groups
- **Moderation**: watching portion sizes throughout the day

**How do I eat?**
I usually eat my meals while ________________________.

I could minimize distractions during my meals by ________________________.

**How much do I eat?**
Circle where you are on the scale when you finish eating.

![Scale Image]

**Where do I invest my energy?**
Most of my energy is spent doing ________________________.

*Call your health coach if you have questions.*