

# DAILY CHECK IN

Select the number that best describes how you felt today about the following prompts

1 = I do not agree with this statement at all  
5 = I completely agree with this statement

1) I LISTENED TO MY INTERNAL HUNGER CUES

1                      2                      3                      4                      5

2) I DIDN'T BASE WHAT I ATE TODAY ON CALORIES OR NUTRITION FACTS

1                      2                      3                      4                      5

3) I FELT SATISFIED AFTER EACH MEAL MENTALLY & PHYSICALLY

1                      2                      3                      4                      5

4) I DIDN'T FOLLOW A RIGID MEAL PLAN OR EAT WHAT SOMEONE ELSE TOLD ME TO

1                      2                      3                      4                      5

5) I DIDN'T EAT TO MASK UNCOMFORTABLE EMOTIONS

1                      2                      3                      4                      5

6) I USED ALTERNATIVE COPING MECHANISMS BEFORE EMOTIONALLY EATING

1                      2                      3                      4                      5

7) I NEVER FELT RAVENOUSLY HUNGRY

1                      2                      3                      4                      5

8) I NEVER FELT FULL TO THE POINT OF DISCOMFORT

1                      2                      3                      4                      5

9) I DIDN'T THINK ABOUT FOOD THROUGHOUT THE DAY

1                      2                      3                      4                      5

# END OF DAY REFLECTION

*How Intuitive Was I During .....*

## BREAKFAST?

WHAT I DID WELL

WHAT I CAN WORK ON

## LUNCH?

WHAT I DID WELL

WHAT I CAN WORK ON

## SNACKS?

WHAT I DID WELL

WHAT I CAN WORK ON

## DINNER?

WHAT I DID WELL

WHAT I CAN WORK ON