

Recording your triggers to eating

You may not notice your triggers straightaway however you can fill this table in a few hours after eating to see if you are able to notice these triggers.

Use the questions below to help you fill in the table:

1. Where is the hunger coming from? If it's your stomach – then this would likely be physical hunger. If the hunger isn't coming from your stomach then it is likely to be head hunger.
2. Have there been any triggers which have caused this head/physical hunger? Triggers for physical hunger can be – missed meals, extra activity. Triggers for head hunger can be – fatigue, emotions (anger, sadness, happiness etc.), environment (e.g. seeing or smelling food), social situation (e.g. when somebody gives/offers food), boredom, habit
3. How strong is the hunger? Can you rate this on a scale of 0-10: 0 being the hunger is barely recognised by you and 10 being the hunger is so strong you can't even continue with your day.
4. Did anything help you manage the hunger? This might be eating something – what kind of food helped? Distractions – please list those which made the hunger disappear?

1. Type of Hunger – head or physical?	2. What has caused this?	3. How strong is this hunger? (scale of 0-10)	4. Did anything help you manage the hunger?