



# Hunger Journal

*Self Love is being your own best friend. So, learn about yourself and love yourself.*

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 1. Did you eat breakfast today?                                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Has it been longer than 4 hours since your last meal?             | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Are you feeling weakness or fatigue?                              | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Are you feeling nausea?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Did you see something that made you think of eating?              | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Is this food sitting on the counter or within your line of sight? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Are you craving this food?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Are you feeling bored?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Are you tired or burnt out?                                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Are you feeling sad, upset, angry or frustrated?                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Are you feeling nervous or anxious?                              | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Are you celebrating something?                                   | <input type="checkbox"/> | <input type="checkbox"/> |





**If you answered yes to questions 1-4**, then you are likely hungry for physical reasons.

**If you answered yes to questions 5-7**, then you are likely hungry for mental or habit based reasons.

**If you answered yes to questions 8-12**, then you are likely hungry for emotional reasons, whether this is to enhance or detract from a feeling.

If you answered yes to a variety of questions, then it is likely you are physically hungry, feeling emotional and choosing what to eat out of habit.

What is something you learned about yourself?

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