

“Bucks” for Tuning In

Cut these out and keep in your wallet with your dollar bills (or where you would keep dollar bills 😊) and use all through the day. Write thoughts, feelings or notes on the back. These are emotional “bucks” for deposit only! You can easily see if you eat with or without hunger. Carry the “Other Hungers” list with you for reference when you eat without hunger. Remember, NO judgment, you are learning from each eating which will eventually change your future behavior and allow weight loss!

Date Time	Eating Experience (anytime anything goes in your mouth)	Belly Hunger?		“Hunger-Like” Feelings
		Yes	No	

Date Time	Eating Experience (anytime anything goes in your mouth)	Belly Hunger?		“Hunger-Like” Feelings
		Yes	No	

Date Time	Eating Experience (anytime anything goes in your mouth)	Belly Hunger?		“Hunger-Like” Feelings
		Yes	No	