VIREO Life® -- Intuitive Eating Experiment

1=dislike, 3=neutral, 5=love it! Rate your enjoyment. Not a 4 or 5? Move on. (What is your enjoyment rating of a food at first bite vs. 4th bite vs. last bite?)

<u>HUNGER</u>	THOUGHTS/ EMOTIONS	TYPES OF FOOD TO TRY	ENJOYMENT (1-5)	POST HUNGER (1-10)	<u>FELT LATER</u> (energy, alertness, hunger)
(1-10)	EMOTIONS	<u>TO TRY</u>	<u>(1-5)</u>	<u>(1-10)</u>	(energy, alertness, hunger)
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Time		Environme	nt					
Hunger		Signais?						
Thoughts Prio	r to oat	ina:						
Thoughts Mid.	noint	.ii ig						
Thoughts Fnd	of pati	na.						
Thoughts End of eating:								
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Fork down bet	tween b	oites (no distractio	ns)					
Specifics abou Bite/Time	ut the fo	ood bite-by-bite (o Taste/Pleas	r time) - Intensity cure/Smell/Texture					
Impact on ene	ergy & le	ength of time satis	fied					
			nt					
FOOds to try: _	<u> </u>							
Thoughts Mid	i io eai	ing						
Thoughts Fnd	of eati	na:						
Signals that a	"5" is a	nnroaching						
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Fork down bet	tween b	oites (no distractio	ns)					
Specifics abou	it the fo	ood bite-by-bite (o	r time) - Intensity					
Bite/Time	at the ic		sure/Smell/Texture					
Impact on ene	ergy & le	ength of time satis	fied					

Possible questions to ask before meal:

- 1. Am I in the mood for a particular food?
- 2. What texture(s) do I want?
- 3. What temperature(s) do I want?
- 4. What taste(s) do I want? (spicy, fresh, savory, strong, ____)
- 5. What foods will help me reach my health goals?
- 6. If I could have only one food right now, what would it be?
- 7. What food sounds least appealing right now?
- 8. How do I want to physically feel after I eat?
- 9. What foods will help me feel that way?
- 10. If I am not physically hungry, what do I really need?