

MODULE 4 – ADDITIONAL HANDOUT

Mid-Life Weight Gain: How To Reverse And Then Stop It Once And For All!

DAILY BEHAVIORAL DIARY

DO THIS FOR ONE WEEK

The following table will serve as a self-monitor of your hunger strength, your emotional feelings before eating, your body position while eating, with whom you eat and where you eat.

Print the following page and keep accurate records so you will know which behavior(s) you need to correct to change your eating habits, and use this as a guide for which supplements would help you modify feelings which are causing you to eat when you are not necessarily hungry.

If you cannot readily identify patterns using the Module 4 Self-Evaluation Questionnaire, we suggest you use this tool which will help you recognize them more clearly.

DAILY BEHAVIORAL DIARY

LEGEND: B = BREAKFAST / SNK = SNACK / L = LUNCH / D = DINNER

1. **Hunger Strength:** 0 = not hungry, 1 = some hunger, 2 = normal hunger, 3 = very hungry, 4 = starved
2. **Feelings:** Happy, sad, rushed/stressed, anxious, tired, depressed, fatigued, bored, angry, neutral.
3. **Body Position:** Sitting, standing, walking, lying down.

		HUNGER STRENGTH	FEELINGS	BODY POSITION	WITH WHOM	LOCATION
DAY ONE	B					
	SNK					
	L					
	SNK					
	D					
DAY TWO	B					
	SNK					
	L					
	SNK					
	D					
DAY THREE	B					
	SNK					
	L					
	SNK					
	D					
DAY FOUR	B					
	SNK					
	L					
	SNK					
	D					
DAY FIVE	B					
	SNK					
	L					
	SNK					
	D					
DAY SIX	B					
	SNK					
	L					
	SNK					
	D					
DAY SEVEN	B					
	SNK					
	L					
	SNK					
	D					