

TEDIOUS POWERFUL

WORKSHEET PART ONE

This worksheet is to be used as often as you can handle it. It is very tedious and time consuming, but the results are amazing. Sit down with this one before you eat and fill it out in detail.

Pick a joy food or fuel food you really like.

Name of food:

Quantity you want to eat:

Where are you on the hunger scale?

Describe the food in detail (look, smell, texture, color, etc.):

What was your feeling before eating the food?

Write about each bite and stop to write in between bites.

Stop eating when you stop enjoying it.

Describe Bite 1 in detail:

Describe Bite 2 in detail:

Describe Bite 3 in detail:

Describe Bite 4 in detail:

Describe Bite 5 in detail:

Describe Bite 6 in detail:



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Describe Bite 7 in detail:

Describe Bite 8 in detail:

Describe Bite 9 in detail:

Describe Bite 10 in detail:

Do all the bites taste the same? *Yes* *No*

Your feeling before eating the food: *More* *Less*

How do you feel after eating this food?

How much did you eat before you felt satisfied?

When did you stop eating?

Where are you on the hunger scale after eating this food?

How does this food feel in your body?

