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# BEHAVIOR AWARENESS WORKSHEET

**“Research shows that while our behaviors may seem ‘spur-of-the-moment’, when it comes to overeating the groundwork is laid several hours in advance by our daily rituals, habits, mindset, and automatic thinking. Overeating is simply the last link in a long chain. If you can break the first link, you have a much better chance of never getting to the last link.” - Precision Nutrition**

The whole point of this worksheet is to bring to the surface the commonalities between over-eating episodes. Maybe they happen at the same time every day, or they’re triggered by a particular type of food. Maybe they happen around certain people, or when you’re all alone.

Be honest and be detailed in your descriptions. And don’t forget that just journaling these isn’t enough. Set a time to go back and review several days or the past week in order to begin seeing patterns. Then you’ll have some power and tools to interrupt these patterns.

If you find that you think certain thoughts before eating (for example: “I’m a failure,” or “this will make me feel better,” or “I need to fix my eating, I feel guilty”) then you can begin to counteract those negative thoughts with positive ones and begin your meal from a place of victory, rather than one of defeat.

Complete this worksheet every time you have an episode of overeating. Be honest and thorough. You are collecting data so that you can analyze your own patterns and eventually develop strategies to deal with them.

## 1. IN THE 2-3 HOURS BEFOREHAND:

What are you doing?

What are you thinking?

What are you feeling, emotionally?

What are you feeling, physically?

Where are you?

What time is it?

Who's with you?

## 2. IN THE 1/2 TO 1 HOUR BEFOREHAND:

What are you doing?

What are you thinking?

What are you feeling, emotionally?

What are you feeling, physically?

Where are you?

Who's with you?

### **3. IMMEDIATELY BEFOREHAND:**

What are you doing?

What are you thinking?

What are you feeling, emotionally?

What are you feeling, physically?

Where are you?

Who's with you?

### **4. AS YOU START:**

What are you doing?

What are you thinking?

What are you feeling, emotionally?

What are you feeling, physically?

What are you choosing to consume?

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Why are you choosing this particular food(s)?

Where are you?

Who's with you?

### **5. IN THE MIDDLE OF IT:**

What are you doing?

What are you thinking?

What are you feeling, emotionally?

What are you feeling, physically?

What are you choosing to consume?

Why are you choosing this particular food(s)?

Where are you?

Who's with you?

### **6. AFTERWARDS:**

What are you doing?

## BEHAVIOR AWARENESS WORKSHEET

What are you thinking?

What are you feeling, emotionally?

What are you feeling, physically?

Where are you?

Who's with you?