

# Mindful Eating Tracking

This questionnaire is based on the Keep it Off questionnaire developed by Jean Kristeller (KRISTELLER EATING & EXERCISE PATTERNS OF FOOD & FITNESS EVALUATION - K.E.E.P. IT O.F.F.). This forms part of the MB-EAT Programme. Answering these questions weekly will assist you in monitoring your progress and help you become aware of what areas of your eating still need attention.

For each of the items listed in the questionnaire, indicate how often you have engaged in that particular activity, or have experienced those particular thoughts or feelings in the last week, recording the number below that best applies in the space provided - one square has been allocated per week. On some items that would occur less frequently or that are not relevant, simply leave a cross (X).

- 1. = Never, in the last week
- 2. = At least once in the last week
- 3. = Several times in the last week
- 4. = Once a day
- 5. = Several times a day
- X = Not applicable

## **Mindful Eating Habits - Habits to Embrace**

1. I left food on my plate or discarded part of my snack

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2. I refused or did not take a second helping

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3. I put away (or moved away from) tempting food which I knew I didn't want to eat.

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4. I chose healthier snacks to buy at the supermarket.

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5. I avoided buying high calorie tempting foods at the supermarket.

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6. I felt physically hungry before eating.

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7. I stopped eating when I began to feel comfortably full.

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8. I stopped eating when I began to notice I wasn't tasting the food as much.

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9. I ate slowly, mindfully experiencing each bit of what I was eating.

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10. I stopped eating something because it tasted unpleasantly sweet.

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11. I stopped eating something because it tasted unpleasantly fatty or rich.

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12. I made up for overeating earlier in the day by eating less later.

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13. I chose foods to eat so I could enjoy the experience without overeating.

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14. I refused a tempting food, saying to myself "I can always have it some other time".

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15. I ate something tempting thinking "Just this once won't matter."

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16. I became aware of "should's" and "shouldn't's" while I was choosing what to eat.

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17. I limited myself to a small portion even though I was upset (in other words, I ate something tempting without it turning into a "binge").

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18. I ate something I like very much without eating too much of it.

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19. I let myself really enjoy and savour all the flavour and textures in a meal.

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20. I had a "treat" without overeating.

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21. I refused food which someone else offered.

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22. I ate moderately at a social gathering.

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23. I consciously chose the food I would eat at a party.

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24. I ate a meal at a buffet without overeating.

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**Mindless Eating Habits - Habits to Transform**

1. I ate food directly from the refrigerator or a container (box, bag, bowl, etc.)

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2. I ate fast without thinking about what I was eating.

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3. I ate to the point of feeling uncomfortable full.

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4. I ate something tempting, rationalising by thinking "I deserve this".

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5. I ate something fattening and then kept on because "I'd already blown it".

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6. I overate after feeling "I just don't care".

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7. I overate after feeling upset about something.

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8. I ate because I was putting off doing something else (procrastinating).

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9. I ate because I felt like celebrating something.

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10. I ate just because I was bored.

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