Directions: Mark an x on the line for how much you are experiencing each feeling before you eat at night.

Day: ___________________ Time: ___________________

1. Physical hunger—feeling physical signs of hunger
   not at all _______________________________ extremely

2. Craving food—desiring specific foods
   not at all _______________________________ extremely

3. Compelled to eat—having a drive to eat, to put something in your stomach, not necessarily for a specific food
   not at all _______________________________ extremely

4. Anxious—having anxiety-provoking thoughts, ruminations, racing thoughts, etc.
   not at all _______________________________ extremely

5. Agitated—having the physical feeling of not being able to sit still or remain in bed, often linked to anxiety
   not at all _______________________________ extremely

6. Sad—feeling depressed or wanting to eat to help improve depressed mood
   not at all _______________________________ extremely

7. Bored—looking for an activity to pass the time
   not at all _______________________________ extremely

8. Tired—feeling fatigued and just wanting to get to sleep
   not at all _______________________________ extremely


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