

Tracking Food for Awareness

Supports: Block — Tracking Food for Awareness

Why It Matters

Keeping a simple food log is one of the most powerful tools for change — not because tracking is magic, but because awareness is. When you write down what you eat, patterns you never noticed come into view: the afternoon slump snack, the second helping, the drinks that add up. Tracking is a flashlight, not a scorecard. Even a week or two of it can show you exactly where a small change would make the biggest difference.

What to Know

Why it works

Most eating happens on autopilot. Writing it down — even loosely — slows you down just enough to notice what and why you are eating. That noticing is what makes change possible.

How to keep it simple

- Pick your method: a notebook, your phone's notes, or a food-tracking app of your choice.
- Jot down what you eat and drink, roughly when, and how hungry you were.
- Do not aim for perfect — even partial tracking reveals patterns.
- Look for one insight, not judgment: what surprised you?

Coach tip: Tracking is optional and just for you. If the participant would like feedback, they can share what they track with you by email or text, or at the session — but keeping it just for themselves works just as well. The point is awareness, not the tool.

Try This

Try a few days of noticing.

? What is one thing you would like to learn about your own eating patterns?

? Which method will you use, and when will you jot things down?
