

Mindful Eating Quiz

This is a brief assessment of your mindful eating skills (it isn't a diagnostic assessment). It is to help you to identify which skills you may want to boost. Don't forget to notice what you already do well. After you complete this quiz, write down a mindful eating goal.

1. I tend to stop eating when I am full				
				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
2. I eat when I am hungry rather than emotional				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
3. I try not to "pick" at food				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
4. I taste each bite before reaching for the next				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
5. When I eat, I think about how nourishing the food is for my body				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
6. I am nonjudgmental of myself, my body and when I accidentally overeat				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
7. I don't multitask while I eat. When I eat, I just eat				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
8. I don't have to eat everything on my plate, I can leave what I don't want				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
9. I tend to eat slowly, chewing each bite				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
10. I recognize when I slip into mindless eating (zoned out, popping food into my mouth)				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
List your Mindful Eating Goals: (ex: learn to be more present when I eat, slow down, stop when I'm full)				