

Appetite & Activity Awareness Toolkit

An evidence-based tool to support eating awareness and movement planning.

Purpose of This Toolkit

This toolkit is designed to help you explore how physical activity and appetite interact in your day-to-day life. Based on behavioural research, including doctoral studies examining how we plan and respond to food intake around exercise, this resource supports reflective awareness rather than control. You will be gently guided to observe your patterns and draw meaningful insights about your eating behaviours in the context of movement.

How to Use This Toolkit

-  Use the daily log for at least 5–7 days.
-  Include both active and rest days.
-  Observe whether actual intake aligns with your expectations.
-  Reflect on whether movement influences appetite in ways that are behavioural or physiological.

Daily Appetite & Activity Log

Date _____

Planned Physical Activity (type, time, duration):

Planned Meals & Snacks

Breakfast

Lunch

Dinner

Snacks

Expected Appetite:

How hungry do you expect to feel before meals?

Circle one.

Breakfast: 0 1 2 3 4 5 6 7 8 9 10

Lunch: 0 1 2 3 4 5 6 7 8 9 10

Dinner: 0 1 2 3 4 5 6 7 8 9 10

(0 = NOT AT ALL HUNGRY, 10 = EXTREMELY HUNGRY)

Actual Intake & Appetite (Record after each meal)

Breakfast

Hunger before: 0 1 2 3 4 5 6 7 8 9 10

Fullness after: 0 1 2 3 4 5 6 7 8 9 10

Lunch

Hunger before: 0 1 2 3 4 5 6 7 8 9 10

Fullness after: 0 1 2 3 4 5 6 7 8 9 10

Dinner

Hunger before: 0 1 2 3 4 5 6 7 8 9 10

Fullness after: 0 1 2 3 4 5 6 7 8 9 10

Snacks

Hunger before: 0 1 2 3 4 5 6 7 8 9 10

Fullness after: 0 1 2 3 4 5 6 7 8 9 10

(0 = NOT AT ALL FULL, 10 = EXTREMELY FULL)

Daily Appetite & Activity Log

Date _____

Evening Reflection

Did I eat more, less, or about the same as I planned?

Did I notice changes in appetite due to activity?

Was my eating driven by hunger, habit, or anticipation?

What pattern(s) am I starting to notice?

One thing I might try differently tomorrow:



Professional Considerations

This toolkit is intended to support reflective self-awareness, not dietary tracking or restriction. If you are living with an eating disorder or disordered eating, please consult a registered healthcare professional before use.

Health professionals using this resource in practice should cite the original source (Applied Health Lab, 2025).