



# Client Worksheets & Handouts

The collage displays a variety of worksheets and handouts, including:

- Learn How to Eat - The Intuitive Eating Worksheet**: A form for clients to record their eating experiences.
- Coping with Bloating and Pain**: A worksheet for tracking symptoms and triggers.
- Mindful Exercise - Worksheet**: A form for logging physical activity and how it feels.
- Are You Ready to Make Peace with Food?**: A self-assessment questionnaire.
- Discovering Intuitive Eating & Intuitive Worksheet**: A form for exploring personal beliefs about food.
- Four of Factors Assessment Worksheet**: A table for assessing various factors like mood, stress, and hunger.
- Discovering Your Eating Behavior**: A detailed table with columns for Time, Food Status, Intuitive Rating, and Comments.
- Intuitive Eating 6-Step Process**: A handout with a diagram showing the steps: 1. Unleash Your Hunger, 2. Discover Your Eating Behavior, 3. Discover Your Eating Behavior, 4. Discover Your Eating Behavior, 5. Discover Your Eating Behavior, 6. Discover Your Eating Behavior.



### Intuitive Eating PRO Skills Worksheets

Intuitive Eating PRO- 21 Client Worksheets—Set \$129		Price	Quantity	Total	
1. Intuitive Eating Brief Assessment	12. Learning to Let Go	<b>\$129/set</b>			
2. Food Rules Assessment	13. Nutrition Tracking				
3. Family Rules Assessment	14. Practice: No Reactivity				
4. Basic Self-Care Prompts	15. Petals of Worth				
5. Satiety Cues Journal	16. "I Feel Heavy"				
6. Fear of Fullness Practice	17. Are You Ready to Make Peace with Food?				
7. Satiety Practices	18. Systematic Habituation				
8. Coping with Feelings and Stress	19. "I can't Stop Eating"				
9. Deconstructing Eating Behaviors	20. Attuned Physical Activity				
10. What Am I Feeling? My Need?	21. Intuitive Eating Principles Tracking				
11. Cognitive Flexibility Practice					
<i>Customize option (add your own logo and phone number)</i>			<b>\$39</b>		
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