

Homework: Class 1 Cravings

Instructions:

For the next week, please keep a log of the things that you crave each day and rate them from 1 to 10 (10 being the strongest craving). Jot down any thoughts about how each craving could be a response to an imbalance somewhere in your diet or life. Also note whether or not you “indulged” the craving and ate/drank that item.

- Please be honest. You don’t have to share this exercise with the class.
- Feel free to use the outline below, or simply use your own paper.

Day One:

Craving	Rating	Time	Indulged?	Thoughts
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Day Two:

Craving	Rating	Time	Indulged?	Thoughts
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Day Three:

Craving Rating Time Indulged? Thoughts

Day Four:

Craving Rating Time Indulged? Thoughts

Day Five:

Craving Rating Time Indulged? Thoughts

Day Six:

Craving Rating Time Indulged? Thoughts

Day Seven:

Craving Rating Time Indulged? Thoughts
