

Map a late-night eating routine

Use the spaces below for your own notes. Bring questions to the appropriate professional.

1. Time, place, and what was happening:

2. When I last ate, and what I noticed about hunger:

3. The choice I was considering:

4. The response I chose and why:

5. What might make the evening easier next time?

6. My practical plan for the next similar situation:

7. Questions or concerns to discuss:

8. What happened when I tried the plan?

Do not use this worksheet to ignore hunger, skip necessary meals, or override a prescribed nutrition or diabetes plan.

Read the guide:

<https://urolongevitypress.com/articles/late-night-eating-plan.html>