



Escala de evolução

De 1 a 10, o quanto você está conseguindo...

1 = não estou conseguindo de jeito nenhum

10 = estou conseguindo tranquilamente

Respeitar os sinais de fome:

1	2	3	4	5	6	7	8	9	10
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Respeitar os sinais de saciedade:

1	2	3	4	5	6	7	8	9	10
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Diferenciar fome física e emocional:

1	2	3	4	5	6	7	8	9	10
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Comer alimentos que considerava "proibidos" sem culpa:

1	2	3	4	5	6	7	8	9	10
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Controlar os impulsos alimentares:

1	2	3	4	5	6	7	8	9	10
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Encontrar outros prazeres além da comida:

1	2	3	4	5	6	7	8	9	10
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Nome: _____

Data: _____