|  |  |  |
| --- | --- | --- |
| YAWA | The food I am trying this week | Theories |
| <Replace with the food you are trying> | 1 | I will like it |  |
| 2 | I will not like it |  |
| 3 | I will have enough of that particular food that my anxiety level may decrease/increase |  |
| Test: To have <what do you want the outcome to be over three days e.g. try two strawberries over three days> on three days this week |

|  |  |  |  |
| --- | --- | --- | --- |
| Day 1 | Before | During | After |
| Anxiety level (0-10) |  |  |  |
| Thoughts |  |  |  |
| Enjoyment rating (0-10 |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Day 2 | Before | During | After |
| Anxiety level (0-10) |  |  |  |
| Thoughts |  |  |  |
| Enjoyment rating (0-10 |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Day 3 | Before | During | After |
| Anxiety level (0-10) |  |  |  |
| Thoughts |  |  |  |
| Enjoyment rating (0-10 |  |  |  |

Enjoyment rating – 0 = hate it, 10 = love it!