

Honor Your Hunger

Using the Hunger & Fullness Scale below, start to notice your hunger level before eating and after eating. This exercise is designed to hone your inner attunement to your hunger cues - there is no "right" way to honor your hunger (except to just do it!). Try this for a few days at a time.

hunger & fullness scale



Time:
Food:
Before Eating:
After Eating:
Thoughts:

Time:
Food:
Before Eating:
After Eating:
Thoughts:

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Food:
Before Eating:
After Eating:
Thoughts:

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