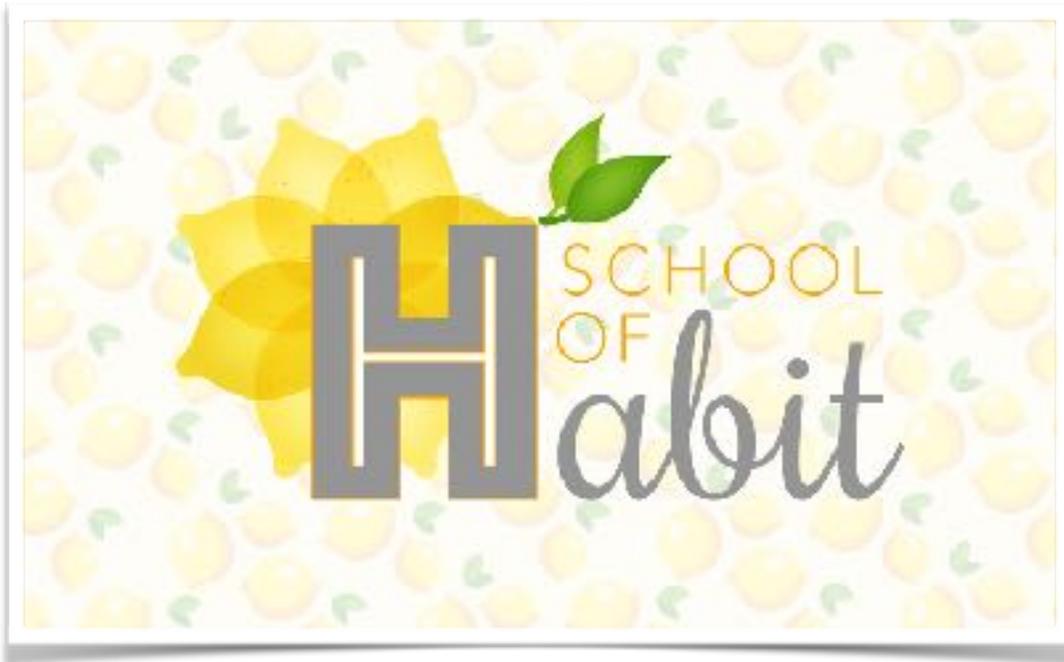


Honoring Hunger & Fullness

PURPOSE | AWARENESS | GRIT | PREPARATION | MINDFULNESS



Building New Habits

Recognize hunger and fullness by learning the signs and symptoms by creating your own scale.

If you want to build healthy habits around food, what you eat is only part of the big picture. We also have to look at, how we eat, the symptoms related to hunger and our habits around eating, hunger and fullness. Use these scales to tune into your internal signals that the body need nourishment.

1

Create your own hunger scale from 1-10; try to plan for food at a 2

2

Create your own fullness scale from 1-10; try to focus on to eating to a 7

3

Your Focus:
1) Plan ahead
2) Eat for energy

Physical Energy

Physical energy is what you use to keep your body moving throughout the day. Your food intake is directly related to this energy, & ultimately fuels your body's basic functions.

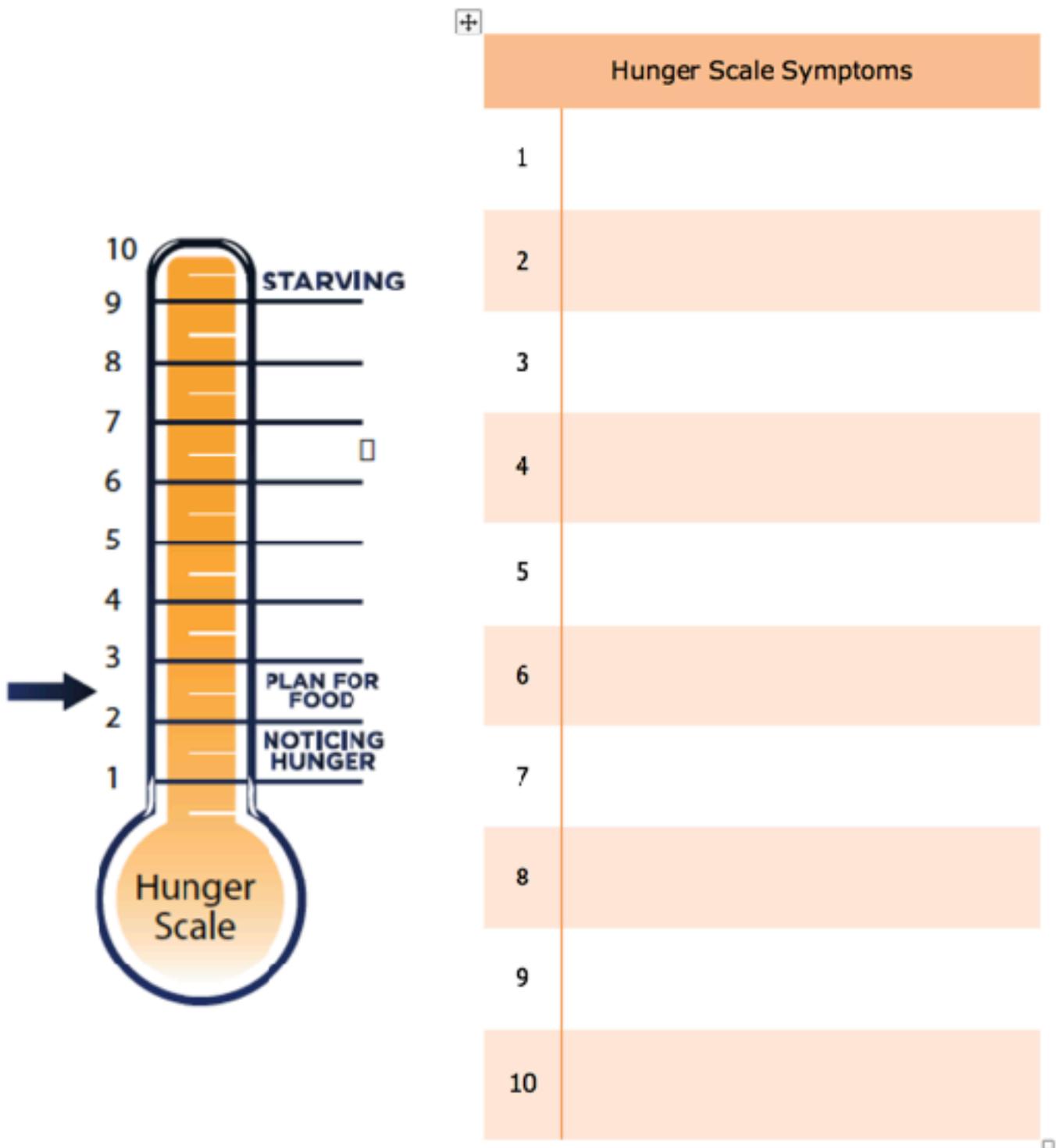
Emotional Energy

Emotional energy is what you use to stay motivated and engaged. This is the energy that is necessary for feeling love, happiness, & joy.

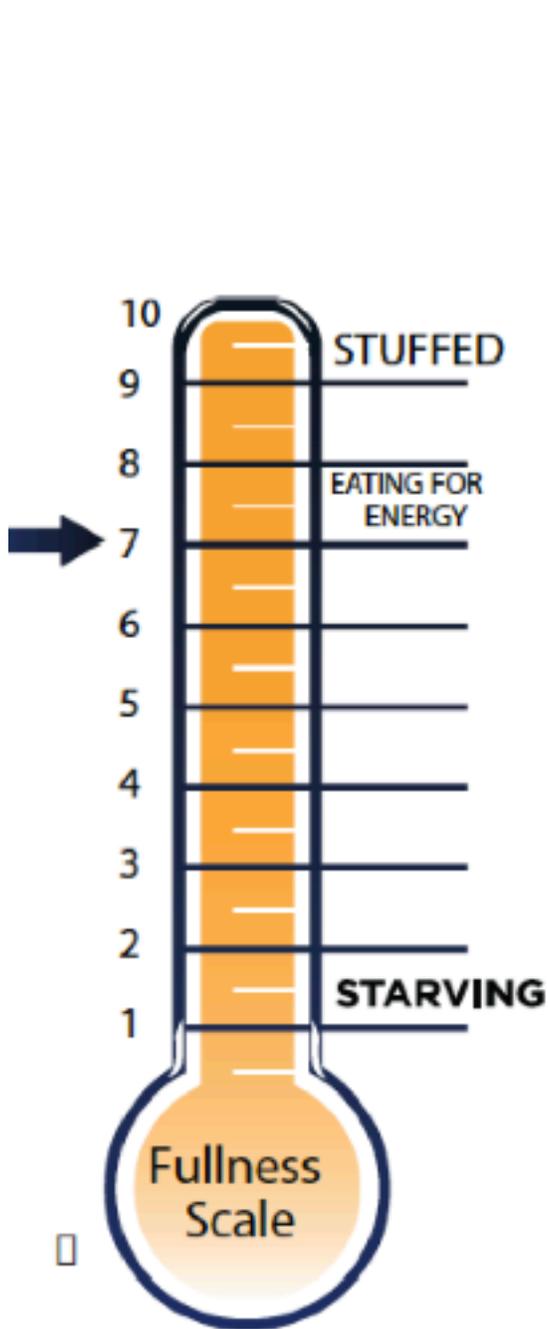
Mental Energy

Mental energy is the energy of creativity, problem solving, & decision making. You use mental energy to make sales, plan your day, & learn new things.





Tune in your internal signals that the body needs nourishment. Through these signals, you will learn to recognize hunger. To assist in this process, create your own Hunger Scale with this activity. A 1 on the scale is where you are just noticing hunger and a 10 is starving. Try planning for food when you are at a 2 on the Hunger Scale.



Fullness Scale Symptoms

10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

In addition to honoring your hunger, it is important to listen to the body's signals that you are done eating. To assist in this process, create your own Fullness Scale with this activity. A 10 on the scale is stuff and a 1 is starving. Try to eat for energy, a 7 on the Fullness Scale.

Noticing Hunger and Fullness					
Day	Meal	Time	Hunger Scale Before Eating	Fullness Scale After Eating	Thoughts
One	Breakfast				
	Morning Snack				
	Lunch				
	Afternoon Snack				
	Dinner				
Two	Breakfast				
	Morning Snack				
	Lunch				
	Afternoon Snack				
	Dinner				
Three	Breakfast				
	Morning Snack				
	Lunch				
	Afternoon Snack				
	Dinner				

If you find yourself struggling with a specific time of the day, try tracking your hunger level before eating and your fullness level after eating. You might find a pattern!