

The Hunger Game

THE “HOW YOU SHOULD FEEL TIMELINE”

Today, notice how you feel before, during, and after eating. Rank your *physical* hunger on a scale from 1 (no hunger) to 10 (worst hunger ever).

When you're truly physically hungry, eat. Eat slowly, and stop at 80% full. Adjust your meal size and frequency depending on your body cues.

Just before eating

Are you physically hungry? Pause and check in. Look for signals like a rumbling stomach, light-headedness, irritability, etc. You want to be around a 7 out of 10 on the hunger scale.

HOUR Immediately after eating

0

To be 80% full, shoot for about a 2 or 3 out of 10 on the hunger scale. Pause for 15-20 minutes before you eat more. This will give your brain time to catch up. You want to feel **satisfied, not stuffed**.

HOUR One hour after finishing

1

You should still feel physically satisfied with no desire to eat another meal.

HOUR Two hours after finishing

2

You may start to feel a little hungry, like you *could* eat something, but the feeling isn't overwhelming.

HOUR Three to four hours after finishing

3

Check in. You may be getting a bit hungry, perhaps a 4 to 6 out of 10. If you're around a 7, eat. Not really hungry yet? That's OK. **Follow your body cues.**

HOUR Four or more hours after finishing

4

You're probably quite hungry, like nothing is getting between you and the kitchen. If you're around a 7 or higher, eat.

Not really hungry yet? That's OK. **Keep checking in with your body.** You may find you need to act fast once your body decides to be hungry — so be prepared with a healthy and quick option, just in case.

How Hungry Am I?

This worksheet helps you get into the habit of noticing how physically hungry or full you are. Look for body cues such as:

- growling stomach or sense of stomach emptiness
- lightheadedness; headache
- irritability, shakiness

The more you practice observing your physical hunger cues (and differentiating them from just wanting to eat), the better you will get.

GOALS

1. Stay aware of your physical hunger cues and learn to calibrate your eating.
2. Start eating when you're around a 7 or higher.
3. Stop eating when you're around a 2 or 3 (80% full).
4. Notice your thoughts, emotions, and physical sensations around eating times.
5. Try to distinguish "need to eat" from "want to eat" or "should eat".

HOW TO USE THIS SHEET

1. **Mark TWO boxes for each meal:** how hungry you are when you start eating, and how hungry you are when you finish eating.
2. **Observe and record your physical and emotional sensations at each meal.** For physical sensations, focus on how your stomach feels in particular.

EXAMPLE

10=extremely hungry; 1 = no hunger

DATE	HUNGRIEST	NOT HUNGRY	NOTES
Jan 14/10			
Time 12 pm	<input type="checkbox"/> 10 <input checked="" type="checkbox"/> 9 <input type="checkbox"/> 8 <input type="checkbox"/> 7 <input type="checkbox"/> 6 <input type="checkbox"/> 5 <input type="checkbox"/> 4 <input type="checkbox"/> 3 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 1		Starving when I started out... didn't eat breakfast. Over-ate. Feel really gross and full now; upset stomach.
Time 5 pm	<input type="checkbox"/> 10 <input type="checkbox"/> 9 <input type="checkbox"/> 8 <input checked="" type="checkbox"/> 7 <input type="checkbox"/> 6 <input type="checkbox"/> 5 <input type="checkbox"/> 4 <input type="checkbox"/> 3 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 1		Didn't stop soon enough; feel sluggish and bloated.
Time 9:00 pm	<input type="checkbox"/> 10 <input type="checkbox"/> 9 <input type="checkbox"/> 8 <input type="checkbox"/> 7 <input checked="" type="checkbox"/> 6 <input type="checkbox"/> 5 <input type="checkbox"/> 4 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 2 <input type="checkbox"/> 1		Feel good. Went to the store and bought some nice berries to eat. Stomach upset subsiding.

1. **Mark TWO boxes for each meal:** how hungry you are when you start eating, and how hungry you are when you finish eating.

1 = not hungry; 10 = hungriest you've ever been.

Your goal is to start eating when you're around 7-8, and finish around 2-3 (80% full).

2. **Observe and record your physical and emotional sensations at each meal.** For physical sensations, focus on how your stomach feels in particular.

Also feel free to jot down any thoughts or other notes about what helps or hinders you to eat slowly and stop at 80% full.

HUNGRIEST

NOT HUNGRY NOTES

Time 10 9 8 7 6 5 4 3 2 1

Time 10 9 8 7 6 5 4 3 2 1

Time 10 9 8 7 6 5 4 3 2 1

Time 10 9 8 7 6 5 4 3 2 1

Time 10 9 8 7 6 5 4 3 2 1

Time 10 9 8 7 6 5 4 3 2 1

Time 10 9 8 7 6 5 4 3 2 1
