

MY HUNGER SCALE

Recognizing the sensations inside our bodies can help us figure out when we need to eat. Just like a thermometer tells us how hot it is, the hunger scale tells us how hungry we are. Pay attention to the feelings inside your body and rate your hunger using the scale.



MY HUNGER RATING

Sometimes we eat even when we are not hungry. By paying attention to the sensations inside our body, we can learn to tell when we are hungry and when we are full. Use the chart to rate your hunger before, during, and after each meal.

DAY	BREAKFAST			LUNCH			DINNER		
	BEFORE	DURING	AFTER	BEFORE	DURING	AFTER	BEFORE	DURING	AFTER
MONDAY									
TUESDAY									
WEDNESDAY									
THURSDAY									
FRIDAY									
SATURDAY									
SUNDAY									