

EAT WITH THE INTENTION OF FEELING BETTER AFTER YOU FINISHED THEN BEFORE YOU STARTED

| TIME | WHAT I ATE/DRANK | HUNGER SCALE 1-10 (BEFORE AND AFTER EATING) | DOING | THINKING AND FEELING |
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QUALITY OF SLEEP AND # OF HOURS:

PHYSICAL ACTIVITY/MOVEMENT:

HUNGER SCALE 0 WEAK WITH HUNGER. 1 FAMISHED. TOO HUNGRY. 2 HUNGRY. THE PERFECT TIME TO EAT, WHEN THE FOOD TASTES DELICIOUS, BUT YOU'RE NOT SO HUNGRY THAT YOU'RE INDISCRIMINATE. 3 MILDLY HUNGRY. 4 ON THE WAY TO BEING SATISFIED. 5 SATISFIED. THE PERFECT TIME (ACCORDING TO YOUR STOMACH) TO STOP EATING. YOU ARE SATED. 6 A LITTLE FULLER THAN "SATISFIED." A FEW BITES PAST "5." DUE TO THE MOMENTUM OF EATING. 7 VERY FULL. BEGINNING TO BE UNCOMFORTABLE. 8 PAINFULLY FULL.