

HUNGER CHECK IN WORKSHEET



For at least three full days this week, check in with your hunger before and after every meal you eat. Using two different colored markers/ pens (one for before eating, one for after eating) place a small "X" in the box that you feel like best describes your current hunger/ fullness at that point in time.

Rating	Description of Hunger and Fullness Sensations	Overall Quality of Sensation		
		Pleasant	Unpleasant	Neutral
0	Painfully hungry, Primal hunger. Feels very intense and urgent.			
1	Ravenous and irritable. Anxious to eat.			
2	Very hungry. Looking forward to a hearty meal or snack.			
3	Hungry and ready to eat, but without urgency. A "polite" hunger.			
4	Subtly hungry, slightly empty.			
5	Neutral. Neither hungry nor full.			
6	Beginning to feel emerging fullness.			
7	Comfortable fullness. You feel satisfied and content.			
8	A little too full. This doesn't feel pleasant, but it has not quite emerged into an unpleasant experience.			
9	Very full, too full You feel uncomfortable, as if you need to unbutton your belt.			
10	Painfully full, stuffed. You may feel nauseous.			

After you complete the above exercise, reflect or journal on the following questions:

- At what rating do you usually feel the sensations of hunger?
- By the time you honor your hunger, does your hunger experience tend to be pleasant, unpleasant, or neutral?
- Did you notice any changes in your eating behaviors or the foods you choose to eat depending on how hungry you are when you eat a meal?