

#PRIORITIZEDLIFESTYLE

EVALUATING YOUR HUNGER



SATISFIED
NEITHER HUNGRY
NOR FULL
BOARDING ON
SLIGHTLY FULL
OR PLEASANT
FULL

STARTING TO
FEEL HUNGRY OR
PRETTY HUNGRY
STOMACH
STARTING TO
GROWL

STARVING
WEAK/DIZZY
IRRITABLE
LOW ENERGY
MUCH STOMACH
GROWLING

RESTRICTION

REMAINING
HERE TOO LONG
MAY PROMOTE
BINGE EATING
LATER

AWARENESS OF
THIS NOW AND
TAKING ACTION
TO NOT BECOME
MORE HUNGRY
MAY SUPPRT
MORE
OPTIMALFOOD
CHOICES

UNDERSTANDING
TIMING OF
MEALS, PORTION
SIZES, AND YOUR
PERSONAL
ENERGY NEEDS
WILL SUPPORT
MORE CONTROL

SLIGHTLY
UNCOMFORTABLE
FEEL STUFFED
QUESTIONING -
HUNGER VS
TASTE

STEPPING AWAY
OR SITTING BACK
FROM YOUR
FOOD AT THIS
MOMENT WILL
ALLOW YOU TO
EVALUATE YOUR
BIOLOGICAL
HUNGER VS
PSYCHOLOGICAL
HUNGER

VERY
UNCOMFORTABLE
STOMACH ACHES
SO FULL YOU
MAY FEEL SICK

NO LONGER IN
CONTROL

EATING TO THIS
LEVEL WILL
LIKELY PROMOTE
UNWANTED
WEIGHT GAIN

