

HUNGER FULLNESS LOG

STOMACH SATIETY

Your stomach is the size of a clenched fist. It expands as you eat. If you eat slowly and chew well, your stomach will tell you when it's full. Have a listen

TUNE IN TO YOUR STOMACH

Give your feeling of hunger or fullness a number from 0 to 10.

CHECK YOUR HUNGER

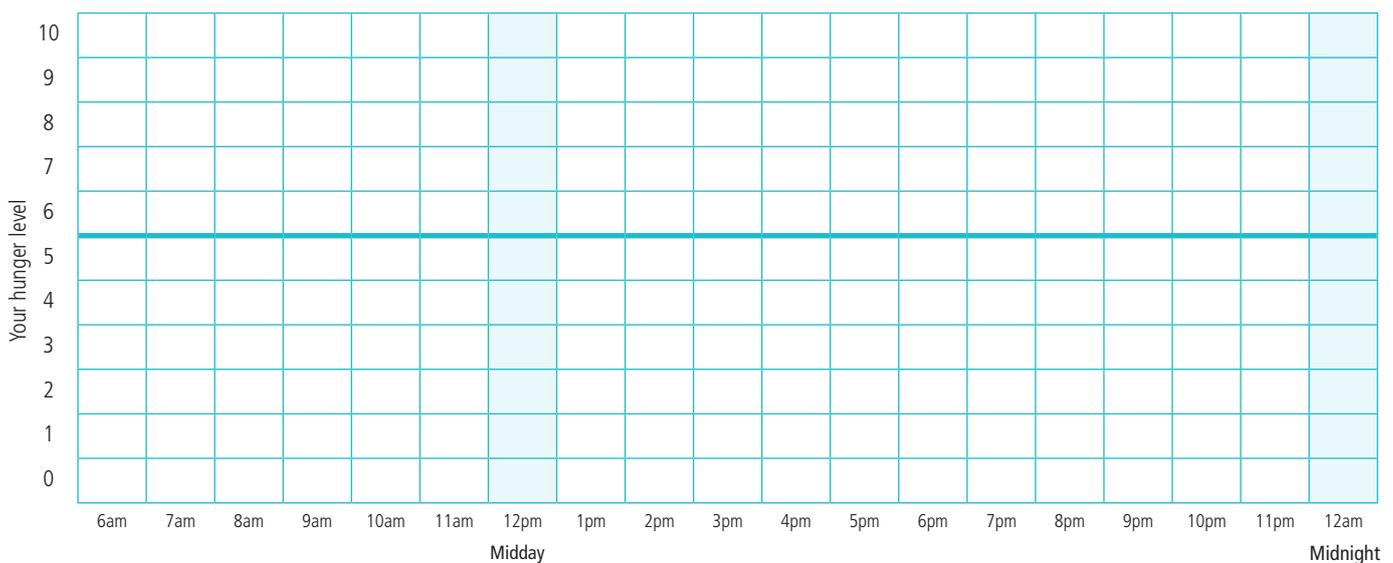
Every hour, log how hungry or full you are on the graph.

IDENTIFY YOUR HUNGER PATTERN

The graph will help you identify when you are most hungry.

MATCH YOUR MEALTIMES

It's normal and natural to feel hungry several times a day. Use this log to help you match your meals with those times when you feel most hungry (0 to 3).



TIMES WHEN I'M HUNGRIEST

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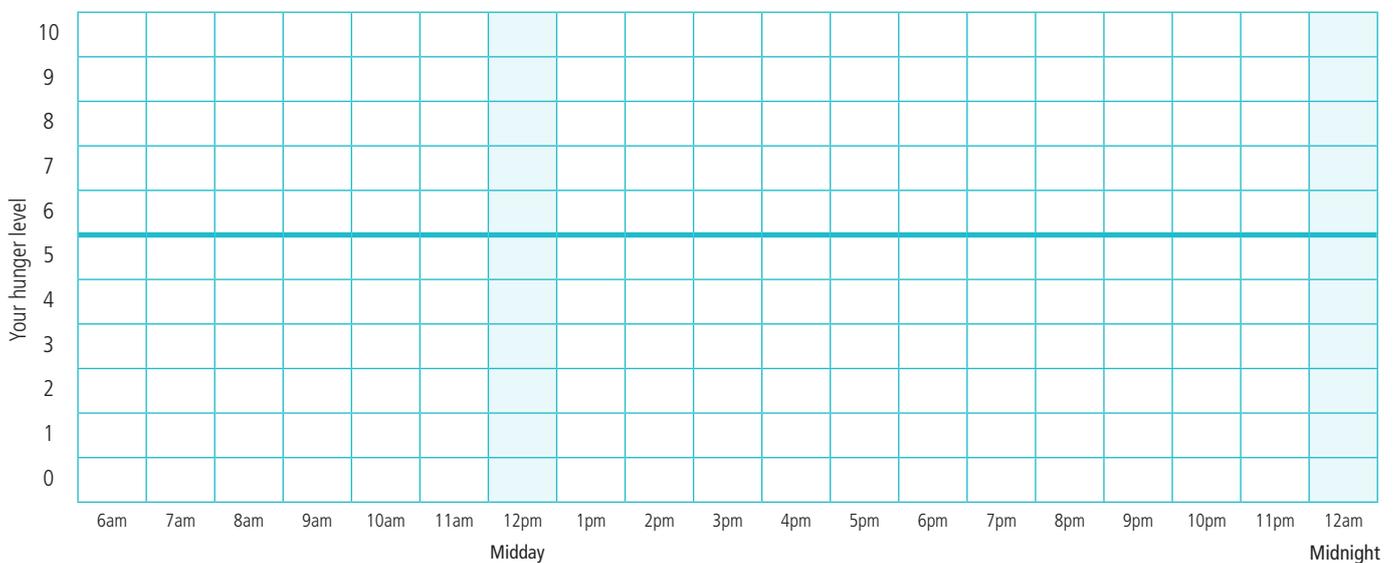
- Wait until your hunger is down at 0, 1, 2 or 3 BEFORE you eat.
- Stop eating when you reach a 5.
- If you overshoot your fullness and go to 6, 7, 8, 9 or 10, you'll gain weight.

YOUR HUNGER SCALE FROM 10 TO 0

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|---|---|
| <ul style="list-style-type: none"> 10. I'm ready to burst! 9. I'm absolutely full! 8. I feel like an overstuffed cushion! 7. I'm uncomfortably full. 6. Aaaaah. I shouldn't have eaten that last mouthful. 5. I enjoyed that. I feel quite satisfied. | <ul style="list-style-type: none"> 4. What's to eat? I'm peckish. 3. I'm running on empty. 2. Hey there! I'm starving! 1. I'm sooooo ravenous. 0. If you don't feed me soon, I'll be too weak to chew! |
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Tune in to your stomach and give your feelings of hunger or fullness a number from 0 to 10. Mark it on the graph. Every hour, check how hungry you are and keep a record over the day. You will soon pick out your own pattern of hunger over the day. It is normal and natural to feel hungry several times a day – the trick is to match your meals with those times when you're most hungry!

- Eat from 1 to 5 → you'll lose weight
- Eat from 3 to 7 → you'll maintain
- Eat from 6 to 10 → you'll gain weight



TIMES WHEN I'M HUNGRIEST

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Produced by accredited nutritionist Catherine Saxelby to help busy people eat better and look after their health. Find tips and quick recipes at her website.

