

# 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

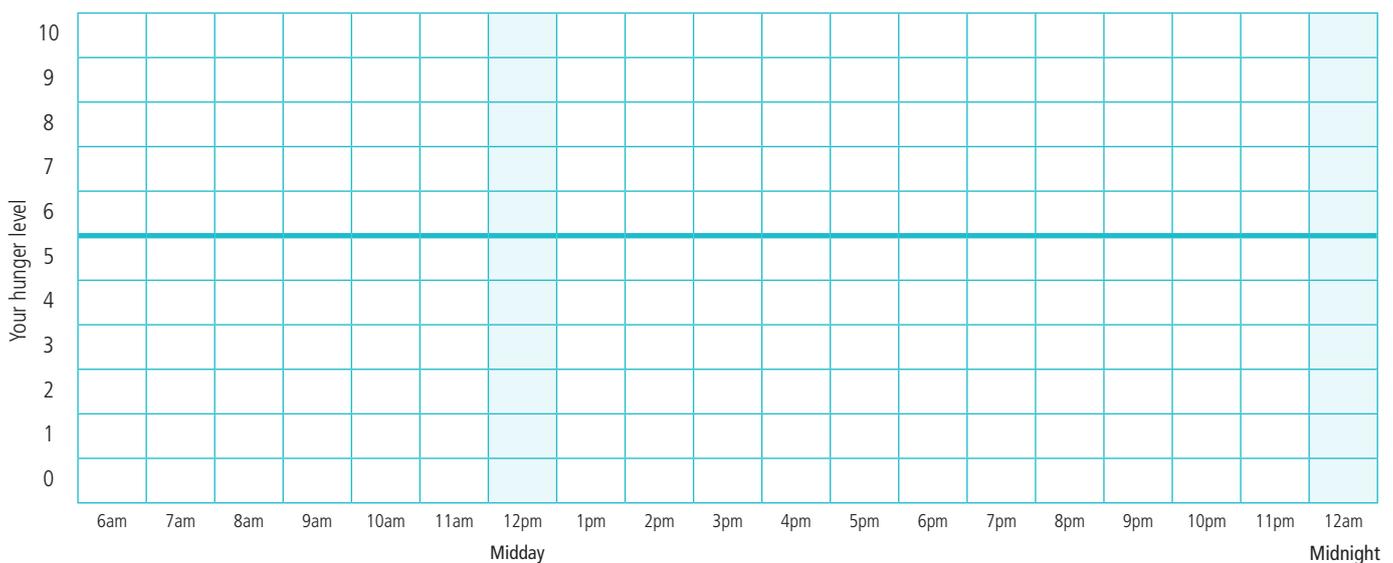
Every hour, log how hungry or full you are on the graph.

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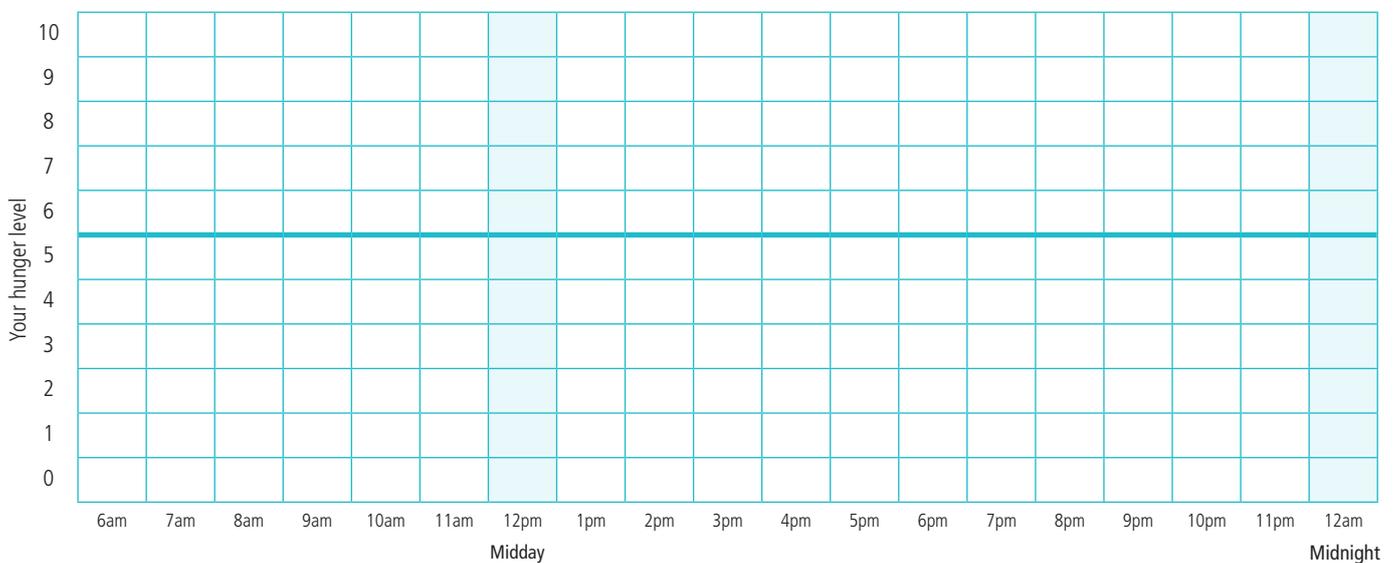
- Wait until your hunger is down at 0, 1, 2 or 3 BEFORE you eat.
- Stop eating when you reach a 5.
- If you overshoot your fullness and go to 6, 7, 8, 9 or 10, you'll gain weight.

### YOUR HUNGER SCALE FROM 10 TO 0

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| <p>10. I'm ready to burst!</p> <p>9. I'm absolutely full!</p> <p>8. I feel like an overstuffed cushion!</p> <p>7. I'm uncomfortably full.</p> <p>6. Aaaaah. I shouldn't have eaten that last mouthful.</p> <p>5. I enjoyed that. I feel quite satisfied.</p> | <p>4. What's to eat? I'm peckish.</p> <p>3. I'm running on empty.</p> <p>2. Hey there! I'm starving!</p> <p>1. I'm sooooo ravenous.</p> <p>0. If you don't feed me soon, I'll be too weak to chew!</p> |
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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.

