

Hunger Cues Eating Log

Use this worksheet to rate your hunger/fullness level before and after you eat. Do this by recording your meal and then placing two checkmarks within the boxes of the scale according to your specific hunger and fullness level for that meal. You might wish to use different colours or symbols to help you easily see which checkmarks represent your hunger level and which ones represent your fullness level.

Using this worksheet will help you to increase your awareness of when to eat and when to stop eating so your body feels satisfied.

Hunger Scale:

Ravenous Starving Hungry Pangs Satisfied Full Very Full Discomfort Stuffed Sick

1 2 3 4 5 6 7 8 9 10

Time	Food/Drink	Hunger/Fullness Scale										
		1	2	3	4	5	6	7	8	9	10	
Example: 8am Breakfast	Cereal Milk Banana			✓				✓				

