

INTUITIVE EATING

“HOW YOU SHOULD FEEL TIMELINE”

By noticing how you feel before, during & after eating you can easily rank your physical hunger on a scale of 1 to 10. This practice will help you to stay on track in making decisions that focus on a healthy goal, rather than a goal of just eating a certain meal plan or depriving yourself to keep calories down. Eat slowly & stop when you are 80% full. Adjust your meal size & frequency depending on your body cues. By having real evidence of how food makes you feel, you will be able to develop the skill of intuitive eating.

JUST BEFORE EATING

Are you physically hungry? Pause & check in with yourself. Notice physical signals like a rumbling stomach, lightheadedness, irritability, etc. You want to be around a 7 out of 10 on the hunger scale.

IMMEDIATELY AFTER EATING

To be 80% full, try to be around a 2 or 3 on the hunger scale. Pause for 15-20 minutes before eating more. This will give your brain time to catch up. You want to feel satisfied, not stuffed.

1 HOUR AFTER EATING

You should still feel physically satisfied with no desire to eat another meal.

2 HOURS AFTER EATING

You may start to feel a little hungry, like you could eat something but the feeling isn't overwhelming.

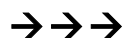
3+ HOURS AFTER YOUR LAST MEAL

If you are not really hungry yet, that's ok, but follow your body's cues. You may be getting a bit hungry. Once you feel like your hunger level has gotten to around a 7, eat. Make sure to take note when you are at a 5-6 on the hunger scale to give yourself time to prepare your next meal if needed. Keep some healthy & quick food options on hand in case you reach a 7 or higher without time to prepare.

HOW HUNGRY AM I?

This worksheet will help you get into the habit of noticing how physically hungry or full you are. Look for body cues such as:

- Growling stomach or sense of stomach emptiness
- Lightheadedness or headache
- Irritability or shakiness



The more you practice observing your physical hunger cues {and differentiating them between a “craving”} the better you will become at eating for health.

GOALS

1.

Stay aware of your physical hunger cues & learn to line up eating

2.

Start eating when you're around a 7 or higher

3.

Stop eating when you're around a 2 or 3 {80% full}

4.

Notice your thoughts, emotions & physical sensations around food

5.

Try to decide if eating is a need or want

HOW TO USE THIS SHEET

1. **Circle 2 numbers for each meal:** how hungry you are when you start eating & how hungry you are when you finish eating.
2. **Observe & record your physical & emotional sensations at each meal.** For physical sensations, focus on how your stomach feels in particular.

HUNGER JOURNAL

DATE

TIME

VERY HUNGRY

NOT HUNGRY

10 9 8 7 6 5 4 3 2 1

NOTES:

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