

CROSSTRAINING

babes

JUST BEFORE EATING

Are you physically hungry? look for signals like a rumbling stomach, lightheadedness, irritability, etc. You want to be around a 7 out of 10 on the hunger scale.

JUST AFTER EATING

To be 80% full, shoot for about a 2 or 3 out of 10 on the hunger scale. Pause for 15-20 minutes before you eat 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.

3-4 HRS AFTER EATING

Check in. You may be getting a bit hungry, perhaps a 4 to 6 out of 10. if you're around a 7, eat. Not really hungry yet? That's OK. Follow your body cues.

4+ HRS AFTER EATING

You're probably quite hungry, like nothing is getting between you and the kitchen. if you're around a 7 or higher, eat. Not really hungry yet? That's OK. Keep checking in with your body. you may find you need to act fast once your body decides to be hungry - so be prepared with a healthy and quick option, just in case.

HOW HUNGRY AM I?

This worksheet helps you get into the habit of noticing your level of physical hunger or fullness. Look for other cues like:

- growling stomach or sense of emptiness
- lightheadedness; headache
- irritability, shakiness

The more you practice observing your physical hunger cues (and differentiating them from just wanting to eat), the better you will get.

GOALS

1. Stay aware of your physical hunger cues and learn to calibrate your 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, and physical sensations around eating times.
5. Try to distinguish "need to eat" from "want to eat" or "should eat."

HOW TO USE THIS SHEET

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

EXAMPLE

DATE	TIME	HUNGRIEST	NOT HUNGRY								
Feb 26th/19	12pm	10 9 8 7 6 5 4 3 2 1									
		NOTES Starving when I started out... didn't eat breakfast. Over-ate. Feel really gross and full now; upset stomach.									
	5pm	10 9 8 7 6 5 4 3 2 1									
		NOTES Didn't stop soon enough; feel sluggish and bloated.									
	9pm	10 9 8 7 6 5 4 3 2 1									
		NOTES Feel good. Went to the store and bought some nice berries to eat. Stomach upset subsiding.									

1. Mark **TWO** boxes for each meal: how hungry you are when you *start* eating, and how hungry you are when you *finish* eating.

1 = not hungry; 10 = hungriest you've ever been. Your goal is to start eating when you're around 7-8, and finish around 2-3 (80% full).

2. Observe and record your physical and emotional sensations at each meal. For physical sensations, focus on how your stomach feels in particular.

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10	9	8	7	6	5	4	3	2	1
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