

# Hunger Scale Check-in

How do you know if you're eating when you're hungry and stopping when you've had enough? This Hunger Scale Check-In Sheet will help you pinpoint when you're at a 7 or 8 and ready to eat, and when you're at a 2 or 3 and ready to stop eating. You can use some of these cues if they work for you, or you can add your own. If you aren't sure what your hunger and satisfied signals are, this is a great place to start.

## You are not yet physically hungry if you think and feel these things:

- You "wonder" if you're getting hungry.
- A particular food sounds really good right now.
- You crave a snack but wouldn't eat a bowl of broccoli.
- You're worried you'll get hungry soon.

## Signs you are at a 7 or 8 on the Hunger Scale and are ready to eat:

- Your stomach feels slightly empty.
- You might have a little bit of a gurgle.
- You begin to feel a little distracted.
- You begin to think "I'm getting hungry. I'm about ready to eat."
- Your hunger feels doable. It doesn't feel urgent or shaky.

## Signs you are at a 2 or 3 on the Hunger Scale and are ready to stop eating:

- You've lost the focus on your food. Your mind wanders.
- You're not full, you are satisfied and physically wanting to stop eating.
- There's no bloat.
- You might even sigh or sit back from the table.
- You begin to wonder if you need another bite or two.

## Signs you have eaten too much:

- You have the thought "I shouldn't have eaten those last few bites."
- You are physically full and have heaviness in your belly.
- You have some bloat and feel uncomfortable.
- You need to unbutton your pants or get out the stretchy pants.