



"Eat when you are hungry, stop when you are full." For three days, keep track of what and when you eat, how hungry you are at the start and how full, or satisfied, you are when finished.

	0 Famished	3 Ready	5 Comfortable	7 Satisfied	10 Stuffed
	_____Day		_____Day		_____Day
Time:	Hunger Level:		Hunger Level:		Hunger Level:
	Fullness:		Fullness:		Fullness:
Time:	Hunger Level:		Hunger Level:		Hunger Level:
	Fullness:		Fullness:		Fullness:
Time:	Hunger Level:		Hunger Level:		Hunger Level:
	Fullness:		Fullness:		Fullness:
Time:	Hunger Level:		Hunger Level:		Hunger Level:
	Fullness:		Fullness:		Fullness:

Visit EatingIsALifestyle.com for answers to many questions and to connect with a Lifestyle Dietitian.
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