

HUNGER & FULLNESS TRACKER

	BREAKFAST	LUNCH	DINNER	SNACKS &
MON	BEFORE: AFTER:	BEFORE: AFTER:	BEFORE: AFTER:	WATER
				□ □ □ □ □ □ □ □
TUE	BEFORE: AFTER:	BEFORE: AFTER:	BEFORE: AFTER:	WATER
				□ □ □ □ □ □ □ □
WED	BEFORE: AFTER:	BEFORE: AFTER:	BEFORE: AFTER:	WATER
				□ □ □ □ □ □ □ □
THU	BEFORE: AFTER:	BEFORE: AFTER:	BEFORE: AFTER:	WATER
				□ □ □ □ □ □ □ □
FRI	BEFORE: AFTER:	BEFORE: AFTER:	BEFORE: AFTER:	WATER
				□ □ □ □ □ □ □ □
SAT	BEFORE: AFTER:	BEFORE: AFTER:	BEFORE: AFTER:	WATER
				□ □ □ □ □ □ □ □
SUN	BEFORE: AFTER:	BEFORE: AFTER:	BEFORE: AFTER:	WATER
				□ □ □ □ □ □ □ □

Hunger & Fullness Scale

The goal is to start eating at 3-4 and stop around a 7

