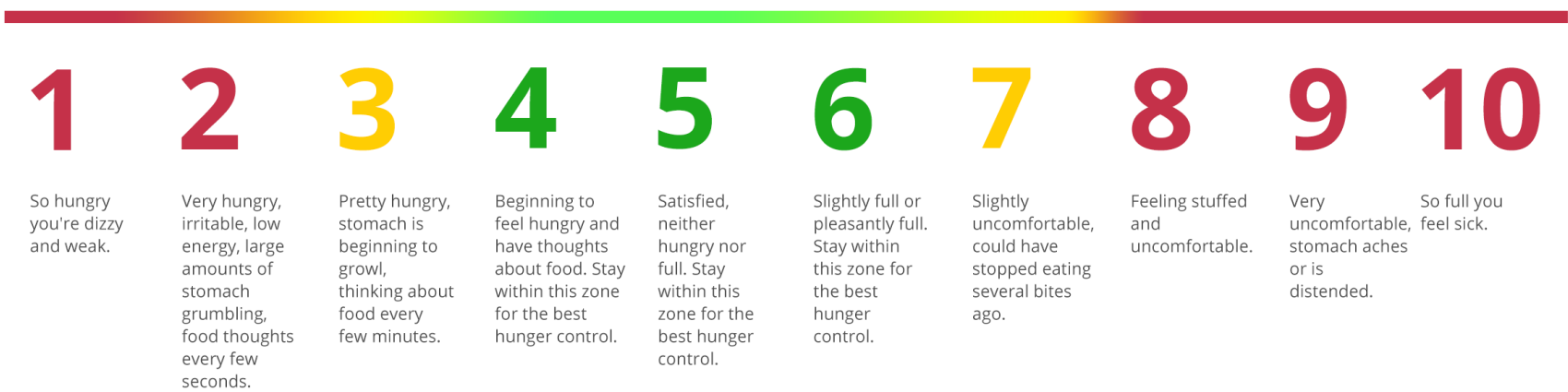


This worksheet should be completed daily until you're able to stick to your calorie goal and / or have found a diet that is satisfying to you. By being consciously aware of your feelings you are more likely to stay on track and make positive changes to your diet.

THE HUNGER SCALE



Today is (date): _____

Before I ate breakfast my hunger was _____ on the hunger scale. It was _____ after I ate. I found that this breakfast was: satisfying / unsatisfying (circle one).

Before I ate lunch my hunger was _____ on the hunger scale. It was _____ after I ate. I found that this lunch was: satisfying / unsatisfying (circle one).

Before I ate dinner my hunger was _____ on the hunger scale. It was _____ after I ate. I found that this dinner was: satisfying / unsatisfying (circle one).

I felt the greatest amount of hunger around _____ (time) today.

I felt the most satisfied eating _____ (meal) today.

Based on how I felt today, I will change _____ tomorrow.