

NAVIGATING HUNGER

OBJECTIVE:

To stop counting calories so that you can start rebuilding trust in your body's hunger cues and know exactly how much and when to eat.

FRAMEWORK:

- 1 Stop Counting Calories** - Delete Loseit, MyFitnessPal, and any other calorie tracking apps from your phone, and stop counting calories, points, or any other food systems while you work on healing your relationship with food.
- 2 Create Flexible Structure** - Plan out 3 Core Meals to eat each day. For now just continue eating your typical foods for these meals. Later we will break down how to form optimal meals that satiate, satisfy, and nourish you. Right now we're just trying to get back in touch with hunger cues.

If you are hungry in between your core meals, have a Hunger Snack. These snacks are not mandatory - they are simply tools to get you to your next Core Meal so you aren't starving when you eat it.

- 3 Eat Using the Hunger Scale** - Use the Hunger Scale Action Sheet to rate your hunger (1-10) both before and after each time you eat. In addition, write down any thoughts or feelings you had surrounding that eating time.

If you were stressed, bored, anxious, extra hungry, had cravings, etc - write that down. It's recommended you rate your eating for an entire week, so print out multiple copies to use as you see fit.



STARVING TO DEATH	RAVENOUS - MENTALLY / PHYSICALLY WEAK	STOMACH PANGS, CRAVINGS, AND "HANGER"	HUNGRY AND LOWISH ENERGY	COULD EAT	SATIATED	SATIATED, SATISFIED, AND NOURISHED	STUFFED - SLIGHT DISCOMFORT	STOMACH ACHES AND/OR MENTAL DISCOMFORT	MENTALLY AND PHYSICALLY FEEL SICK
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	RATING	THOUGHTS / FEELINGS
CORE MEAL 1	<input type="text"/> <input type="text"/> <i>before</i> <i>after</i>	
HUNGER SNACK 1	<input type="text"/> <input type="text"/>	
CORE MEAL 2	<input type="text"/> <input type="text"/>	
HUNGER SNACK 2	<input type="text"/> <input type="text"/>	
CORE MEAL 3	<input type="text"/> <input type="text"/>	
HUNGER SNACK 3	<input type="text"/> <input type="text"/>	

1	2	3	4	5	6	7	8	9	10
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	RATING	THOUGHTS / FEELINGS
CORE MEAL 1	3 7 <i>before after</i>	<i>Wanted too long to eat breakfast (10AM) Feeling stressed over work</i>
HUNGER SNACK 1	5 6	<i>About 1 hour after eating I felt slightly hungry so grabbed some crackers</i>
CORE MEAL 2	5 7	<i>Took lunch break at noon, wasn't starving from late breakfast</i>
HUNGER SNACK 2	6 7	<i>Was still full from lunch but grabbed food in the breakroom, feeling overwhelmed</i>
CORE MEAL 3	2 8	<i>Felt guilty over my snack so tried to skip dinner but ended up overeating leftover pizza</i>
HUNGER SNACK 3		