



Nutrition Counseling Services LLC

Am I Hungry? Challenge

Purpose Statement: The purpose of this challenge is to understand the difference between true physical hunger and “hunger” caused by other factors.

Challenge Steps:

1. Download and review *The Hunger Scale* Handout.
2. What is the difference between *Physical and Psychological* Hunger?

3. Complete the Hunger Awareness Diary for one day. What did you learn about yourself?

What changes do you need to make to your diet? _____

Return this sheet plus the Hunger Awareness Diary by email (carol@eatinghealthier.net) or fax (704-734-0662).

Your Name: _____ Contact Number: _____