



Nutrition Counseling Services LLC

## The Hunger Scale Challenge

**Purpose Statement:** The purpose of this challenge is to eat when hungry, stop eating when full, and eliminate eating/snacking when not hungry.

**Challenge Steps:**

- A. Download and review the “*Mindful Eating*” handout on hunger and fullness.
- B. For one (1) week, use the hunger scale (1 – 10) to rate your hunger using the chart below:

Day of Week	Breakfast	AM Snack	Lunch	PM Snack	Dinner	Night Snack
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

- C. From your activity above, describe your findings and changes that need to be made:

\_\_\_\_\_

- D. Pick and practice one (1) tip from the handout on **10 Tips to Avoid Extreme Hunger and Overeating**. Describe your results: \_\_\_\_\_

\_\_\_\_\_

- E. Review the **30 Things to do Instead of Eating** section and list activities that you can do instead of eating when not hungry. \_\_\_\_\_

\_\_\_\_\_

**Return** this sheet by email ([carol@eatinghealthier.net](mailto:carol@eatinghealthier.net)) or fax (704-734-0662).

Your Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_