

Hunger/Fullness Tracker



Food(s) you ate

Hunger scale
before

Hunger scale
after

B:

S:

L:

S:

D:

S:

This is a tool to identify patterns and find new ways to (re)connect with your body's natural cues for hunger and satiety. Not everyone eats three meals and three snacks a day so feel free to adjust this to fit your needs!