Satiety Cues Discovery Worksheet

Directions: Circle the number that best reflects your hunger level before your meal or snack. When finished eating, rate your fullness and level of satisfaction eating. *Note there is no "right" or "wrong" number, it's merely a method to help you listen and become attuned to your satiety cues.*

Time	Hunger Rating	Food Eaten	Fullness Rating	Satisfaction Rating	Comments
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	
	0 1 2 3 4 5 6 7 8 9 10		0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	