

Master Your Hunger Awareness Challenge:

****Objective:**** Build a deeper connection with your body by practicing mindfulness around hunger and cravings. This challenge will help you slow down, recognize what your body is asking for, and make intentional food choices.

Step 1: Pause and Check-In (Mindful Eating Exercise)

Every time you feel hungry or think about eating, pause and ask yourself these 5 mindful questions:

- 1. What am I feeling right now? (e.g., stressed, bored, tired, or physically hungry?)

Your Answer: _____

- 2. Where do I feel it in my body? (e.g., stomach, head, heart, or throat?)

Your Answer: _____

- 3. What triggered this feeling? (e.g., saw food, smelled something, or just hit a habit cue like sitting on the couch.)

Your Answer: _____

- 4. Would I eat a plain apple right now? (Yes = true hunger, No = craving/emotional need.)

Your Answer: _____

- 5. What do I need most in this moment? (e.g., food, water, rest, distraction, or emotional support?)

Your Answer: _____

Step 2: Practice the 10-Minute Pause

When hunger or cravings hit, try this exercise:

1. Set a timer for 10 minutes.
2. During that time, do one of these mindful activities:
 - Drink a glass of water slowly.
 - Take a short walk or stretch.
 - Journal about how you're feeling.
3. After 10 minutes, revisit your hunger. Ask yourself: "Do I still need food, or was it something else?"

Step 3: Reflect and Record

At the end of the day, journal your insights:

- What patterns did you notice?

Your Answer: _____

- What emotions or situations triggered cravings?

Your Answer: _____

- What strategies worked best to manage hunger or cravings?

Your Answer: _____

Bonus: Hunger Scale Exercise

Throughout the day, rank your hunger on a scale of 1–10:

- 1–2: Starving (dizzy, low energy).
- 3–4: Hungry but calm (stomach signals, low focus).
- 5–6: Neutral (neither hungry nor full).
- 7–8: Satisfied (just ate, feel good).
- 9–10: Overfull (uncomfortable, stuffed).

Goal: Aim to eat when you're at 3–4 and stop at 7–8. This helps you avoid unnecessary snacking or overeating.

HOW TO FEEL FULL FOR HOURS

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Fill up on enough protein at every meal



Include lots of fiber from filling veggies



Opt for denser, slow digesting carbs



Include a serving of healthy fat



Drink calorie free liquids between meals



Eat larger meals instead of snacking