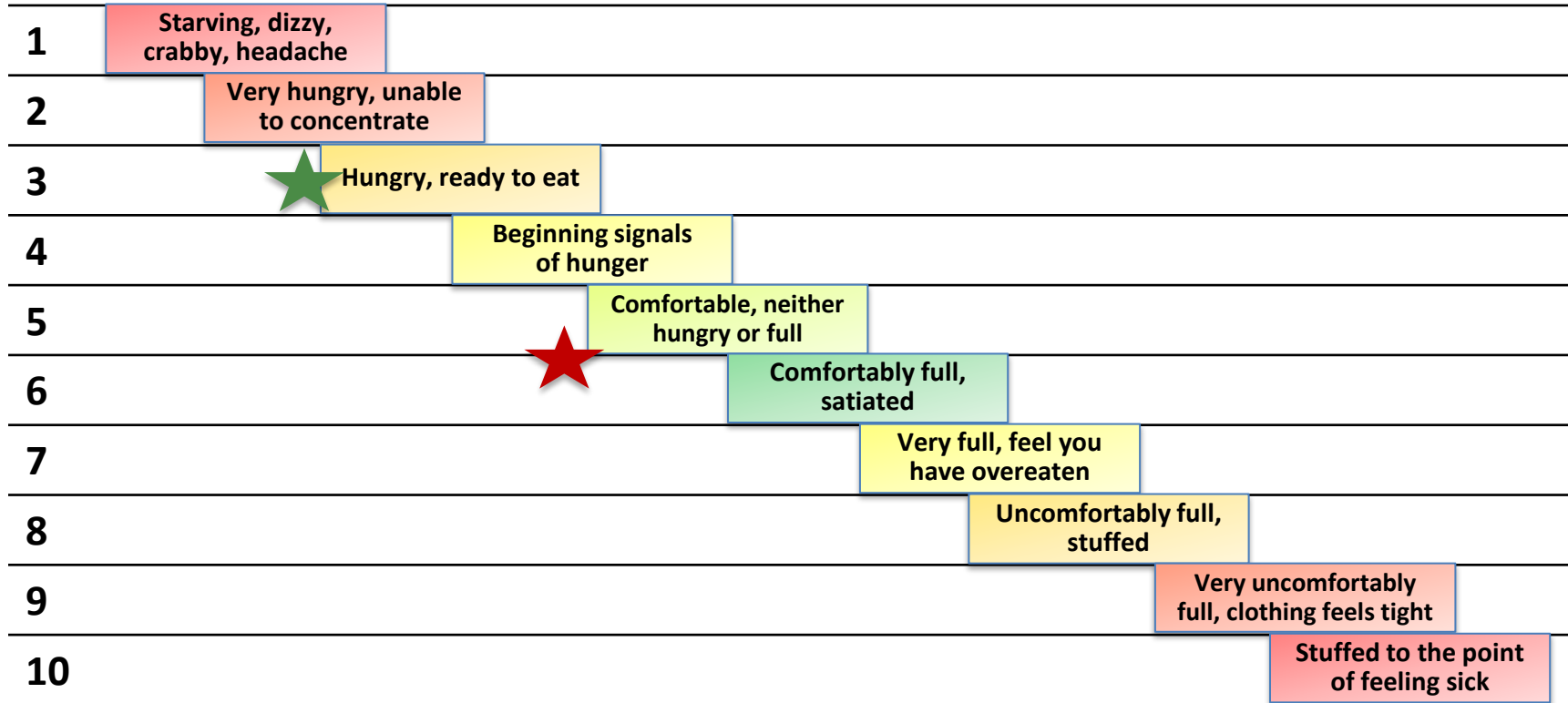






Hunger

# Rate Your Hunger / Fullness



Fullness

## Tips for managing your hunger/fullness:

- Learn to eat when your body feels like a 3, as noted by 
- Learn to stop around a 5 or 6 as noted by  even if there is still food on your plate!