

Understanding Your Hunger Cues

A reflective workbook to support mindful eating and movement

Welcome

This mini workbook is designed to help you become more aware of the different types of hunger you experience, and how they relate to your eating and activity patterns. Drawing from evidence-based behavioural research, this tool offers a gentle framework for developing curiosity, not control, over your appetite. Understanding your hunger cues is a foundational skill in making food choices that are aligned with your body's needs and your health goals.

Types of Hunger

- 1 Physical Hunger** - Builds gradually, felt in the stomach, satisfied by food. Often comes with low energy or light-headedness.
- 2 Emotional Hunger** - Triggered by stress, boredom, sadness, or celebration. Often leads to cravings for comfort foods and is not resolved by eating.
- 3 Anticipatory Hunger** - Hunger experienced in expectation of a future event, such as before exercise or a long day, even if the body doesn't yet require more energy.

Understanding the Hunger - Fullness Scale

Use the 0 - 10 scale below to rate your physical hunger and fullness.

0 Extremely hungry (dizzy, weak)

1

2 Very hungry (stomach growling)

3

4 Slightly hungry

5 Neutral

6 Satisfied, not full

7 Comfortably full

8

9 Very full

10 Stuffed, uncomfortable

You can circle or write the number that reflects how you feel before and after meals or snacks.



Daily Hunger Reflection

Date _____

Before Eating

What time is it?

What are you about to eat?

Where are you?

How hungry do you feel (0 - 10)?

What type of hunger do you think this is?

- ☐ Physical hunger
- ☐ Emotional hunger
- ☐ Anticipatory hunger

What else are you feeling right now? (e.g. tired, stressed, rushed)

After Eating

How full do you feel now (0 - 10)?

Did eating satisfy the feeling you had before?

Would you change anything about this eating moment?



A Note on Self-Compassion

This workbook is not designed for perfection. Hunger and eating are complex, especially when shaped by routines, stress, or expectations. Use this as a tool for discovery.

No judgement, just honest reflection.

Weekly Reflection

Date

Which type of hunger did I experience most often? Why?

Were there moments I ate when I wasn't physically hungry? What triggered that?

Did movement or planned activity affect my hunger?

One thing I've learned about my eating habits this week:

One way I can respond to my hunger cues more intentionally next week:
