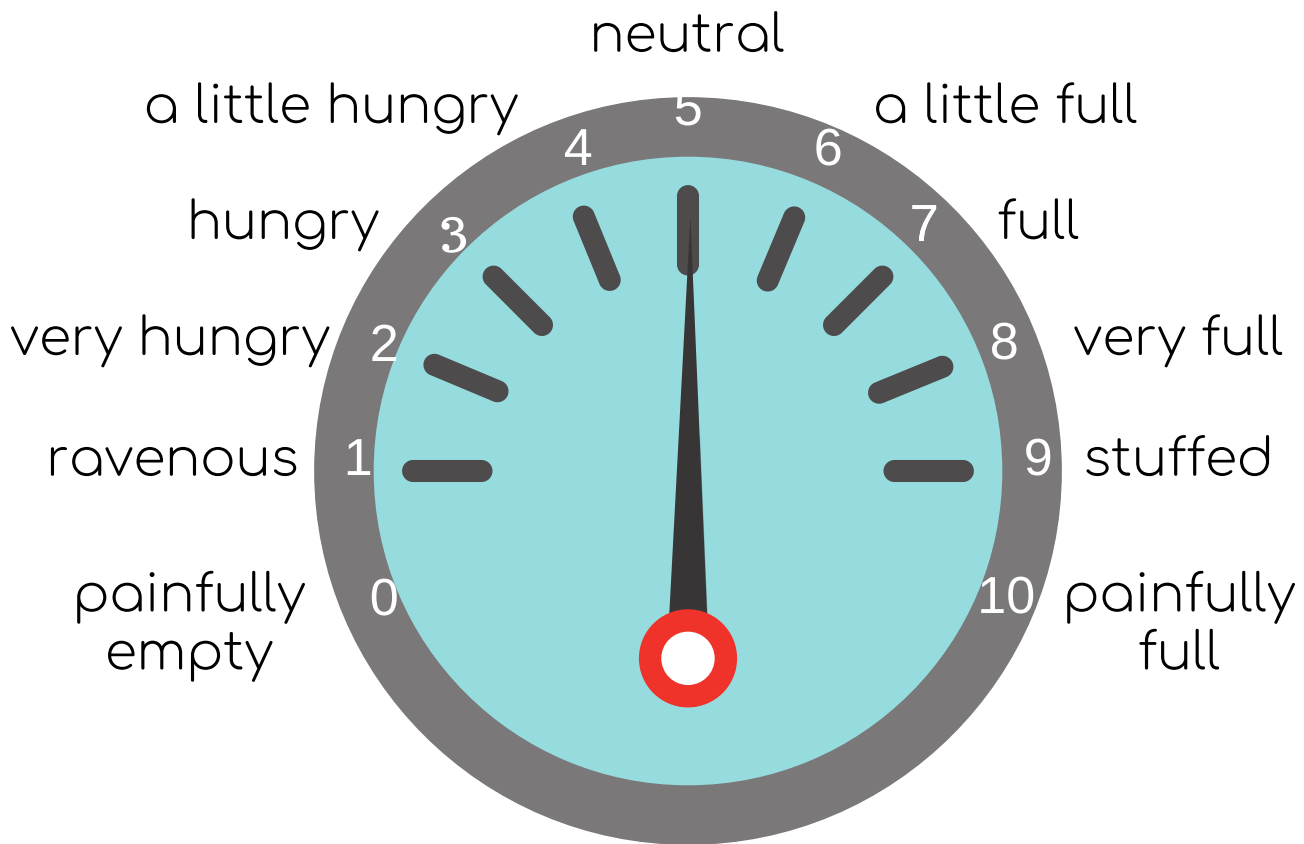


How does your body feel right now?

The Hunger - Fullness Meter



The Hunger-Fullness Meter is a great way to learn about your hunger and fullness cues, even when you are busy or distracted.

Start by taking a deep, calming breath, and notice how you feel inside your body right now.

Where are you on the Hunger-Fullness Meter?