

Meal Times: Mind & Body Check-In

This is your reminder to pause and check in with your body and mind around nourishment. You can practice this at three different times: before you start eating, about halfway through your meal, and after you've finished eating. Use this hunger & fullness scale as a guide when checking in with your physical cues and use a feelings wheel to name how you are feeling emotionally.



Completely
famished

Neutral

Thanksgiving
dinner stuffed

0 1 2 3 4 5 6 7 8 9 10

Pre-Meal Emotions: _____

Mid-Meal Emotions: _____

Post-Meal Emotions: _____

- 0 - completely famished
- 1 - empty, feeling faint and/or sick
- 2 - starving, stomach growling, irritated
- 3 - hungry, feeling low energy
- 4 - having faint hunger signs
- 5 - completely neutral feeling physically
- 6 - comfortable and can continue eating
- 7 - feeling comfortably full
- 8 - feeling uncomfortably full
- 9 - very physically uncomfortable & bloated
- 10 - Thanksgiving dinner stuffed

More helpful resources for improving your relationship with food and your body

- Association for Size Diversity and Health (ASDAH)
- Project Heal
- The Eating Disorder Foundation
- National Eating Disorders Association (NEDA)
- National Alliance for Eating Disorders
- Eating Disorder Hope
- National Alliance on Mental Illness (NAMI)
- National Association of Anorexia Nervosa and Associated Disorders (ANAD)

Visit our website for
even more information
and resources!



UNTAMED NUTRITION THERAPY

