

The Hunger Test

Put check marks by the X or Xs in any row that reflects your experience.

Experience	Stress/Emotion	Habit	Hunger
Bored		X	
Avoiding something	X	X	
Restless	X		
Tense	X		
Feeling overwhelmed	X		
Difficulty concentrating	X		X
Moody	X		X
Headache	X		X
Irritable/easily frustrated	X		X
Stomach growling			X
Dizzy/light-headed			X
Stomach empty			X
Thirsty		X	

Add the checks in each column. If the Stress/Emotion or Habit columns have the most checks, consider not snacking. If the hunger column has the most checks, eat something mindfully. When Hunger and another column are tied: if you ate a meal more than 4 or 5 hours ago, consider eating something mindfully; if less than that, consider not snacking. If you realize you're thirsty and not hungry, drink a nice glass of water.