

Hungry & Full Signals

Hunger Signals:

Craving		Desiring	
Dreaming of Food		Feeling scattered	
Can't concentrate		Watching the clock	
Shaky / Jittery		Moody	
Tired		Depressed	
Emotional		Angry	

Comfortably-Full Signals:

Ability to focus		Relaxed	
Soothed		Content	
Satisfied		At Rest	
Warm		Moody	
Tired		Attentive	
Aware		Happy	