



Hunger Games Challenge

NAME: _____

LOCATION: _____



Are you running on empty or overfilling your tank? Eating too much or too little can affect how you feel throughout the day. Join us for this 10-day challenge around listening to your body's hunger cues to help you feel confident about when and how much to eat.

Instructions: Use this tracker to track your hunger level (1-10) before and after one meal a day for 10 days from September 2nd to September 30th. Week 1: Track hunger levels without changing any of your eating habits. Week 2: Aim to begin eating at a hunger level around 4 and finish eating at a hunger level around 7. Upon completion, email a picture of this completed tracker to leah_hammel@uhc.com or scan the QR code below to submit the challenge completion form.

Hunger Tracker

	Track Without Changing Eating Habits					Aim To Stay Within Healthy Hunger Range (4-7)				
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Before Meal										
After Meal										

10 – Extremely stuffed, nauseous

9 – Stuffed, very uncomfortable

8 – Overfull, somewhat uncomfortable

7 – Full but not uncomfortable

6 – Satisfied, but could eat a little more

5 – Starting to feel hungry

4 – Hungry, stomach growling

3 – Uncomfortably hungry, distracted, irritable

2 – Very hungry, low energy, weak and dizzy

1 – Starving, no energy, very weak



Challenge Completion Form



Tips for Success

- Take a moment to breathe and relax periodically throughout the day to check in with your body.
- Be kind to yourself and trust your body to tell you when to eat and how much it needs.
- Allow adequate time to eat your meal so that you don't feel rushed.
- Honor your body- slow down and take the time to taste and savor your food.
- Focus on your food and body while eating by removing distractions like cell phones, computers, and TVs.
- Acknowledge your responses to food without judgement.

