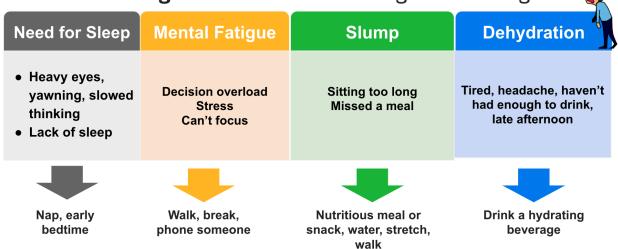
Tune into Hunger Cues: What's Causing This Feeling?

Hunger	Thirst	Cravings	Habit
Stomach growling Low energy Builds over time	Mild dehydration can mimic hunger cues Sweated or didn't drink much	For specific foods Signs of hunger aren't there Nutritious foods aren't appealing	Feeling emotions Time of day Nothing to do Not actually hungry Socializing
Nutritious meal or snack	Hydrating beverage	Nutritious meal or snack, water, stall,	Another activity

Tune into Fatigue Cues: What's Causing This Feeling?



Tune into Pain Cues: What's Causing This Feeling?

Musculoskeletal	Stress or Lack of Sleep	Sitting/Posture	Other
Sore muscles Tired muscles Muscle cramping	Low pain tolerance Tension headache Neck pain Tight or painful shoulders Sore eyes	Stiffness Back or neck pain	Injury Illness Chronic pain Nutrient deficiencies
Easier workout or day off, hydrate	Nap, early bedtime, progressive muscle relaxation,walk, phone	Active breaks, ask expert about posture	Talk to provider Rest, be cautious

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Always talk to your provider about persistent, worsening pain, or if you have concerns or are unsure about the cause of your pain