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, phone a friend	Another activity

Is it time to eat? Ask the hunger scale!



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

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Need for Sleep	Mental Fatigue	Slump	Dehydration	
Heavy eyes, yawning, slowed thinkingLack of sleep	Decision overload Stress Can't focus	Sitting too long Missed a meal	Tired, headache, haven't had enough to drink, late afternoon	
-	-	-		
Nap, early bedtime	Walk, break, phone someone	Nutritious meal or snack, water, stretch, walk	Drink a hydrating beverage	