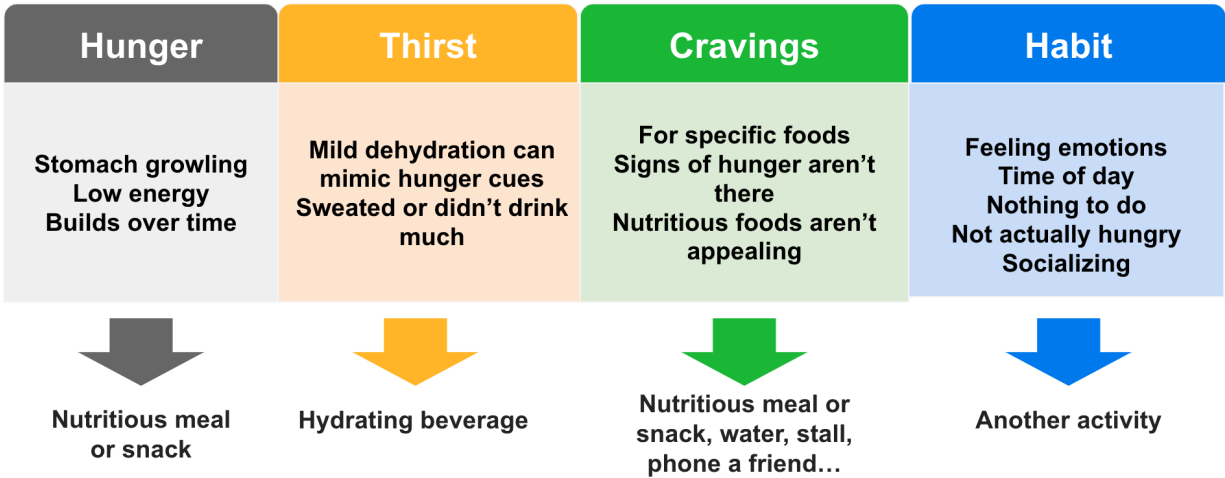


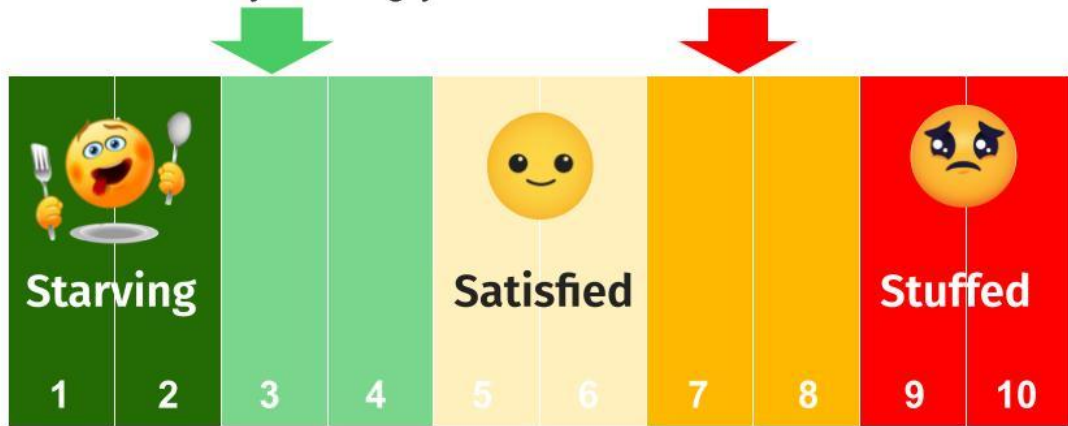
Tune into Hunger Cues: What's Causing This Feeling?



Is it time to eat? Ask the hunger scale!

Eat when just hungry

Stop when barely full



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



Need for Sleep	Mental Fatigue	Slump	Dehydration
• Heavy eyes, yawning, slowed thinking • Lack 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

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