

MIND • BODY • FOOD

NOTICE THE PATTERN

What Happens Between Meals

Explore energy, hunger, concentration and mood between eating occasions

There is no ideal amount of time everybody should last between meals. This exercise focuses on when your own body begins asking for something again and what signals appear first.

Space to Breathe Therapy

Why noticing patterns can help

There is no ideal amount of time everybody should last between meals. This exercise focuses on when your own body begins asking for something again and what signals appear first.

What this exercise can offer

- A record made close to the moment, rather than relying on memory alone.
- A way to notice repetition, variation and exceptions across several days.
- Useful information for choosing practical support or discussing concerns with a professional.

Observe without judging

The tracker is not a test and does not need perfect numbers. Approximate ratings and short notes are enough. Patterns are clues for reflection, not proof of cause.

How to use this tracker

- 1 Check in between eating occasions on a few different days.
- 2 Record the first changes you notice, even if they do not feel like hunger.
- 3 Note when eating or drinking happens next and what influences it.
- 4 Compare the days for recurring signals.

When you look back

Ask what tends to happen together, what is different on easier days, and where a small adjustment or extra support might help. Keep alternative explanations in mind and avoid changing several things at once if you want to understand a pattern.

Your pattern tracker

Time since eating

Energy 0 to 10

Hunger 0 to 10

Concentration 0 to 10

Mood 0 to 10

Body signals or thoughts

Important context

The aim is not to delay food or meet a timetable. It is to recognise your individual cues.