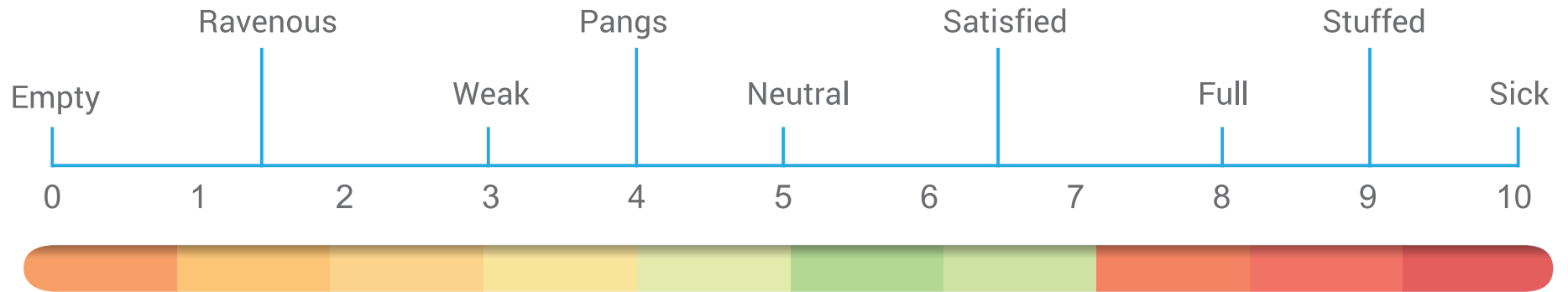


HONOR YOUR HUNGER... FEEL YOUR FULLNESS



• Begin to eat at a 3 or 4 and stop eating at a 6 or 7

| | | | |
|------------|------------|------------|------------|
| DAY: _____ | DAY: _____ | DAY: _____ | DAY: _____ |
| B: _____ | B: _____ | B: _____ | B: _____ |
| SN: _____ | SN: _____ | SN: _____ | SN: _____ |
| L: _____ | L: _____ | L: _____ | L: _____ |
| SN: _____ | SN: _____ | SN: _____ | SN: _____ |
| D: _____ | D: _____ | D: _____ | D: _____ |
| SN: _____ | SN: _____ | SN: _____ | SN: _____ |

Satisfied Tips: 1. Doesn't taste as good 2. Take Mini-Breaks 3. Learn from history