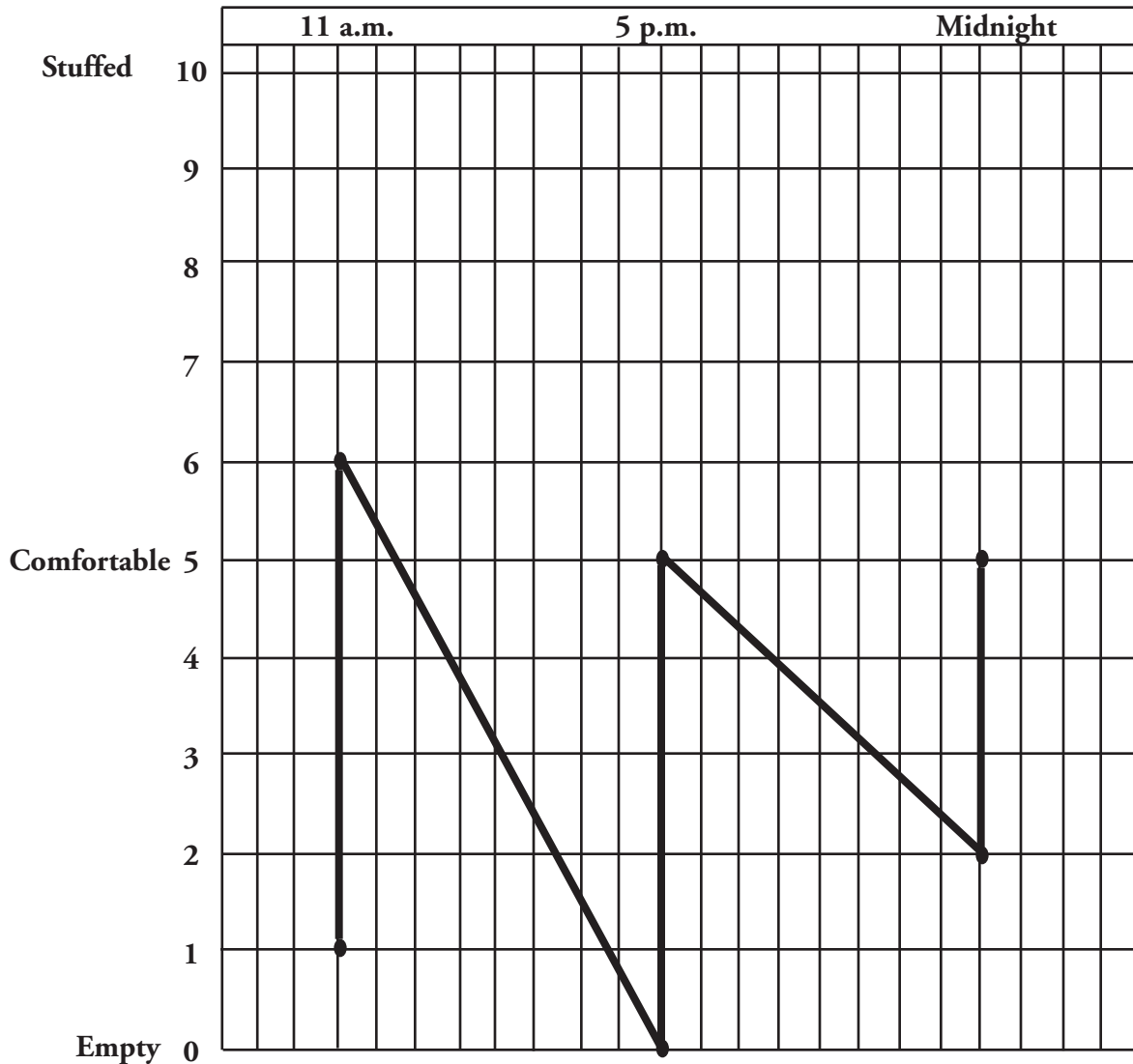


THIN WITHIN HUNGER GRAPH

To release weight, we need to wait for hunger (0) and eat only to the point of satisfaction (5). Use the Thin Within Hunger Graph to chart how you eat throughout the day. Before you begin eating, determine your hunger level. Place a point at that hunger level on the graph. When you finish eating, once again determine your hunger level and place a point at that hunger level on the graph. Draw a line between the two points. Observe how you are listening to your body's signals. This tool helps you see your patterns of eating, including those times of the day when you eat outside of 0 to 5. Your observation will help you determine why you eat the way you do and make the appropriate corrections. With time and practice, you will learn to monitor your hunger levels mentally.

Example:



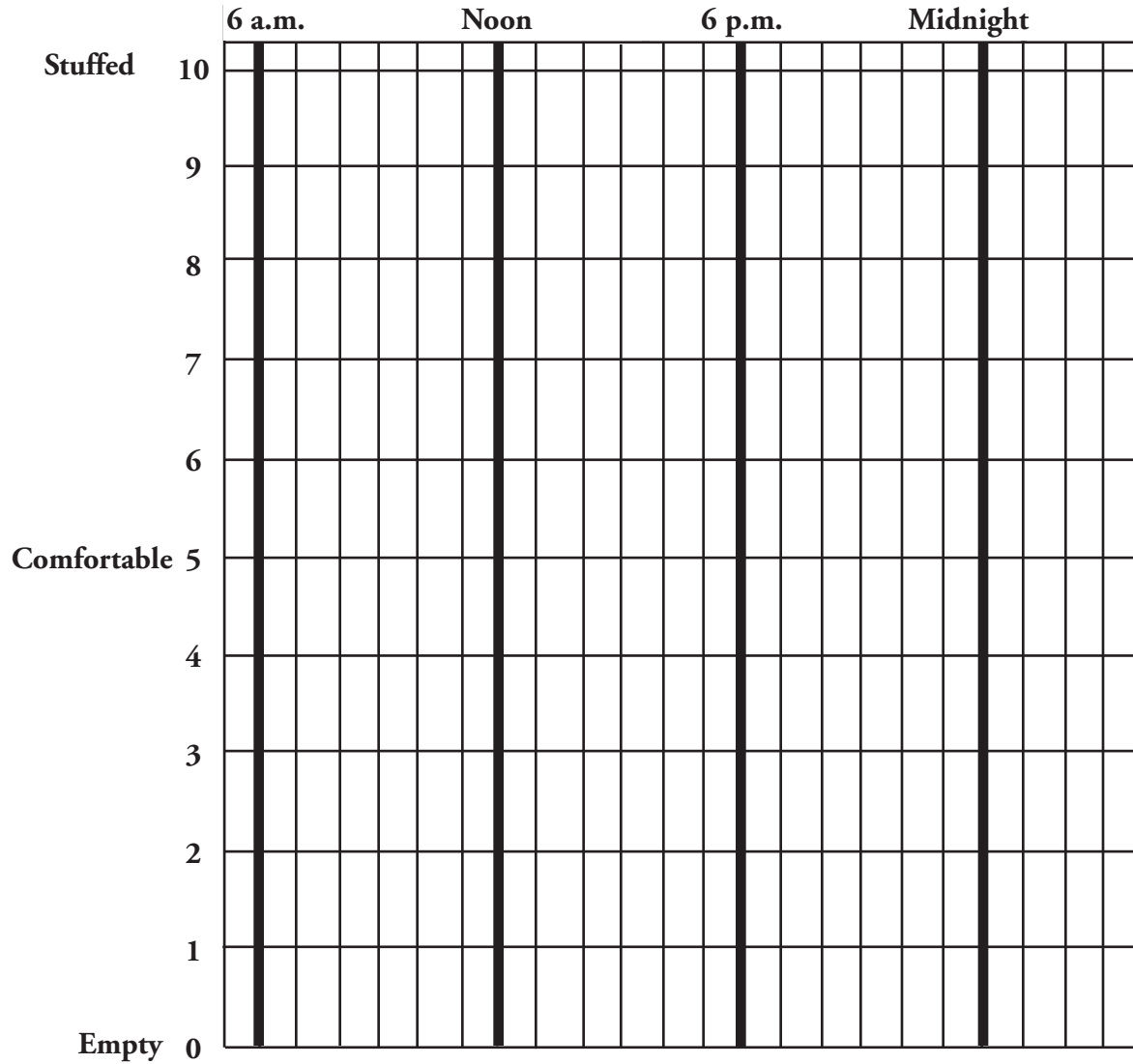
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