

## Listen to Your Stomach

Your stomach is about the same size as your clenched fist. Imagine this and you'll see that it doesn't take much to fill this space up! Aim to eat only when you are hungry. Stop eating when you are comfortably full - not stuffed! Check in with yourself every so often. It takes about 20 minutes for your stomach to signal your brain that it's full!!

Use this space to note ways you can listen to your body.