

HUNGER CUE TRACKER

	Made Plan	Eat only when hungry	Stop at enough
Day 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 31	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

My "why"...

MONTHLY RECAP

PLAN

days I followed plan
 total days in month = %

HUNGER

days I ate only when hungry
 total days in month = %

FULLNESS

days I stopped at enough
 total days in month = %