

Medically Supervised Weight Loss Program (MSWLP)

Self-Monitoring and Mindfulness

This section includes:

- Importance of self-monitoring
 - Hunger and fullness patterns
 - Food journals
- Mindfulness for weight loss
 - Intuitive Eating principles
 - Tips to avoid overeating

ASSIGNMENT

Answer the questions below:

1. What is the difference between hunger and appetite?
2. What are your own body's signals you are hungry?
3. What are your own body's signals you are satisfied?
4. What is one thing you can do to work towards being mindful?