

OYOL – A New You  
**Lesson 3: Honor Your Hunger**



- 1) Review your SMART goal(s). Revise, if needed.
- 2) Using the hunger/satiety scale, evaluate your hunger and fullness at least 3 times this week.
- 3) Record your experiences with the scale in your journal.
- 4) Take one 2-minute walk this week and record.

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