

Ana-Maria Georgieva
Health&Life Coach
You deserve to look&feel great!
Lunavoda.com

Learn how to recognize your hunger cues

My Intuitive Inner Hunger & Fullness Scale

This week, I'll prepare for food when my Inner Scale is at: _____.

This week, I'll practice completing my meal when my Inner Scale is at: _____.

Here are 6 strategies that will help me complete my meal at the optimum fullness level:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Important Reminder:

what is even more important than what we eat is How we eat.
Managing your stress is the first step towards mindful eating.

Schedule a complimentary session with my by sending your inquiry at
lunavoda.amg@hotmail.com

I will respond within a 48h window.

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~Ana-Maria