



## Meal Support Checking In and Checking Out

Meal support is a skill to learn and practice both in your nutrition visits as well as in your private life. This practice offers you and your support team valuable information.

### Let's Check In

Take a few moments to discuss or write down your answers to the following:

1. Place a hand over your forehead. (My thoughts are racing, clear, I can't tell)
2. Place a hand over your heart. (I feel sad, my heart is full, full, I can't tell)
3. Place a hand over your belly. Check in for signs of hunger or fullness.\*
4. Set a small intention for the meal. A skill you would like to work on for today. (Practice noticing a flavor in your meal)

At the end of the meal, leave five minutes to check out by repeating steps one through three. Notice what is the same and different.

\*For those practicing mechanical eating, it is not yet time to apply appetite cues toward how you are feeding yourself; however, the practice of listening and learning at any stage is valuable data to collect.