

Hunger, Energy, and Mood

Turn vague feelings into useful information, without judging yourself.

YOUR RESULT

Use a simple check-in to choose support instead of forcing willpower.

24 guided pages | four learning modules | one 7-day practice

[START HERE](#)

START HERE

A real course, built for ordinary days

What you will be able to do

Use a simple check-in to choose support instead of forcing willpower.

Understand the idea

Hunger, energy, and mood are useful experiences to notice, but they are not moral scores and they do not identify a medical cause on their own. A rating becomes useful when it is described in neutral language and paired with context such as sleep, meals, illness, stress, activity, caffeine, medication, and the demands of the day.

Use it in real life

This course teaches a low-burden check-in. You will separate sensations from judgments, add missing context, choose a supportive response, and look for repeated patterns rather than overreacting to one difficult hour.

Know the boundary

The purpose is better decisions, not more monitoring. If tracking increases anxiety, food preoccupation, or compulsive behavior, reduce or stop it. Severe dizziness, fainting, confusion, chest pain, suicidal thoughts, or other urgent symptoms require immediate appropriate help, not another workbook entry.

BEFORE YOU BEGIN

The timer never outranks your health

This material is general education. It cannot diagnose a condition, adjust medication, or decide whether fasting is appropriate for you.

Get individualized guidance first

Do this before fasting if you are pregnant or breastfeeding, under 18, underweight, have an eating-disorder history, use glucose-lowering or blood-pressure medicine, need food with medication, or have a condition affected by fluid, electrolytes, or meal timing.

End the fast and respond

Stop if you feel faint, confused, severely dizzy, unusually weak, or otherwise unwell. Sit or lie down if needed, address immediate needs, and do not drive or continue hazardous activity while impaired.

Seek urgent help for severe symptoms

Chest pain, fainting, severe confusion, trouble breathing, new neurological symptoms, suicidal thoughts, or symptoms that feel dangerous need urgent appropriate care. A timer, streak, or online guide should never delay it.

Protect your relationship with food

Reduce or stop fasting and tracking if they increase food preoccupation, guilt, bingeing, purging, compulsive exercise, hiding behavior, or the urge to compensate. Qualified eating-disorder support matters more than finishing this course.

YOUR NON-NEGOTIABLE

If I feel unsafe or unwell, I stop and get the right help.

COURSE MAP

Four modules, then a one-week practice

1

Use neutral words

2

Add the missing context

3

Respond, do not prove

4

Look for repeated patterns

PLAIN-LANGUAGE GLOSSARY

Hunger

A subjective drive to eat that can change in intensity and quality.

Energy

A personal sense of physical or mental capacity; not a laboratory measurement.

Mood

An emotional state influenced by many biological and situational factors.

Context

The conditions surrounding a rating, such as sleep, meals, activity, and stress.

Pattern

A relationship that appears repeatedly, not just once.

Supportive response

An action that addresses needs without punishment or judgment.

How to use the next 12 pages

Read the explanation, walk through the example, then write only what helps. You do not need to finish every prompt in one sitting.

MODULE 1

Use neutral words

The simple version

Describe what is happening without calling it good or bad. 'Hunger is strong and focus is low' gives you more information than 'I am weak.'

The fuller explanation

Neutral words preserve information. My stomach feels empty, I have trouble concentrating, and I feel irritable describes the experience. I am weak and failing adds a character judgment that cannot guide a practical response. A simple zero-to-five scale can help, but the words beside the number often matter more.

A picture to keep in mind

A check-in is a weather report, not a school grade.

THREE IDEAS TO KEEP

- 1 Name the feeling.
- 2 Rate the strength.
- 3 Leave judgment out.

Why this matters

Understanding the idea helps you choose a smaller, safer action instead of following a dramatic claim or a perfect-looking number.

WORKED EXAMPLE

See use neutral words in real life

A realistic example

At 11:00 a.m., a person records hunger 3, energy 2, mood tense. They add: slept six hours, missed the usual morning walk, and have a deadline. This entry gives several possible explanations and responses. The same numbers without context might be misread as proof that fasting is either good or bad.

The common mistake

The common mistake is treating low hunger as success and high hunger as failure. Appetite varies. The purpose of a rating is to decide what support is needed and whether the pattern remains workable.

A THREE-STEP DECISION

1. Name the facts

Describe what is happening now, including symptoms, schedule, food access, sleep, medication, and other relevant context.

2. Compare the options

Ask which option respects safety, real constraints, and the purpose of the plan. A longer or stricter option is not automatically better.

3. Choose and review

Take the smallest useful action, then note what happened. Change one variable at a time when possible.

TRY THIS

Describe your current hunger, energy, and mood in one neutral sentence.

Success means you tested one useful action - not that the day looked perfect.

WORKBOOK

Turn the idea into your own plan

Before you write

The point of this page is not to produce perfect answers. It is to make 'Use neutral words' specific enough to use. Write short phrases. Use facts from a normal week, and leave any question blank if it does not help. Keep this warning in view: The common mistake is treating low hunger as success and high hunger as failure. Appetite varies. The purpose of a rating is to decide what support is needed and whether the pattern remains workable.

1

Explain 'Use neutral words' in your own plain words.

2

What in your current routine already supports this idea?

3

What one real constraint could make the ideal version difficult?

4

Which reminder is most useful today: Name the feeling. / Rate the strength. / Leave judgment out.

5

Complete the plan: If the day changes, I will still describe your current hunger, energy, and mood in one neutral sentence.

One sentence to carry forward**I can use this idea without making the plan harsher.**

MODULE 2

Add the missing context

The simple version

Sleep, stress, illness, movement, the previous meal, hydration, work, and expectations can affect the same check-in. The number alone is not the story.

The fuller explanation

Context can change interpretation. Poor sleep can affect appetite and mood. A small previous meal, strenuous activity, heat, illness, alcohol, caffeine changes, menstrual cycle, or medication can influence the day. Tracking every factor is unnecessary; note only the two or three most plausible conditions.

A picture to keep in mind

A score is one puzzle piece. Context shows the picture.

THREE IDEAS TO KEEP

- 1 Add sleep.
- 2 Add meal and activity.
- 3 Add stress or illness.

Why this matters

Understanding the idea helps you choose a smaller, safer action instead of following a dramatic claim or a perfect-looking number.

WORKED EXAMPLE

See add the missing context in real life

A realistic example

Yesterday, hour 14 felt easy after a restful night and normal dinner. Today, hour 12 feels difficult after travel, a late small meal, and five hours of sleep. The difference does not prove that the body lost adaptation. The starting conditions changed. A shorter day can be the more informed choice.

The common mistake

The common mistake is comparing two numbers while ignoring the days around them. Add one line of context before drawing a conclusion. If the relevant context is medical or symptoms persist, seek appropriate evaluation.

A THREE-STEP DECISION

1. Name the facts

Describe what is happening now, including symptoms, schedule, food access, sleep, medication, and other relevant context.

2. Compare the options

Ask which option respects safety, real constraints, and the purpose of the plan. A longer or stricter option is not automatically better.

3. Choose and review

Take the smallest useful action, then note what happened. Change one variable at a time when possible.

TRY THIS

Write one reason today's score may differ from yesterday's.

Success means you tested one useful action - not that the day looked perfect.

WORKBOOK

Turn the idea into your own plan

Before you write

The point of this page is not to produce perfect answers. It is to make 'Add the missing context' specific enough to use. Write short phrases. Use facts from a normal week, and leave any question blank if it does not help. Keep this warning in view: The common mistake is comparing two numbers while ignoring the days around them. Add one line of context before drawing a conclusion. If the relevant context is medical or symptoms persist, seek appropriate evaluation.

1

Explain 'Add the missing context' in your own plain words.

2

What in your current routine already supports this idea?

3

What one real constraint could make the ideal version difficult?

4

Which reminder is most useful today: Add sleep. / Add meal and activity. / Add stress or illness.

5

Complete the plan: If the day changes, I will still write one reason today's score may differ from yesterday's.

One sentence to carry forward

I can use this idea without making the plan harsher.

MODULE 3

Respond, do not prove

The simple version

A check-in should lead to support: water, food, rest, a break, a shorter fast, or clinical help. It should not pressure you to ignore symptoms.

The fuller explanation

A supportive response can be ending the fast, eating a planned meal, drinking according to needs, resting, reducing exercise, taking a break, contacting someone, or seeking care. The correct response depends on severity and context. It is not always wait another hour. A good plan defines options before discomfort narrows attention.

A picture to keep in mind

Information is useful only when you are allowed to act on it.

THREE IDEAS TO KEEP

- 1 Meet basic needs.
- 2 End the fast when unwell.
- 3 Avoid punishment later.

Why this matters

Understanding the idea helps you choose a smaller, safer action instead of following a dramatic claim or a perfect-looking number.

WORKED EXAMPLE

See respond, do not prove in real life

A realistic example

At 4:00 p.m., a person reports hunger 5, energy 1, worsening dizziness, and a small lunch before the fast. They stop, sit down, eat, and reassess. If symptoms are severe or persist, they get medical help. They do not extend the next fast to compensate. The response protects the person and improves the plan.

The common mistake

The common mistake is choosing the action that proves the most discipline. Choose the action that best fits the current information. There is no award for ignoring a warning sign.

A THREE-STEP DECISION

1. Name the facts

Describe what is happening now, including symptoms, schedule, food access, sleep, medication, and other relevant context.

2. Compare the options

Ask which option respects safety, real constraints, and the purpose of the plan. A longer or stricter option is not automatically better.

3. Choose and review

Take the smallest useful action, then note what happened. Change one variable at a time when possible.

TRY THIS

Choose one supportive response for a low-energy day.

Success means you tested one useful action - not that the day looked perfect.

WORKBOOK

Turn the idea into your own plan

Before you write

The point of this page is not to produce perfect answers. It is to make 'Respond, do not prove' specific enough to use. Write short phrases. Use facts from a normal week, and leave any question blank if it does not help. Keep this warning in view: The common mistake is choosing the action that proves the most discipline. Choose the action that best fits the current information. There is no award for ignoring a warning sign.

1

Explain 'Respond, do not prove' in your own plain words.

2

What in your current routine already supports this idea?

3

What one real constraint could make the ideal version difficult?

4

Which reminder is most useful today: Meet basic needs. / End the fast when unwell. / Avoid punishment later.

5

Complete the plan: If the day changes, I will still choose one supportive response for a low-energy day.

One sentence to carry forward**I can use this idea without making the plan harsher.**

MODULE 4

Look for repeated patterns

The simple version

One hard afternoon may mean little. A repeated drop after poor sleep, a light lunch, or a stressful meeting can suggest a practical change to test.

The fuller explanation

A pattern should repeat enough to justify a change. Review a week for relationships such as low energy after short sleep, intense evening hunger after small lunches, or better mood when the schedule is less rigid. The pattern is a prompt for a modest experiment, not a diagnosis.

A picture to keep in mind

Look for the chorus, not one random note.

THREE IDEAS TO KEEP

- 1 Review several days.
- 2 Find the repeated context.
- 3 Test one small change.

Why this matters

Understanding the idea helps you choose a smaller, safer action instead of following a dramatic claim or a perfect-looking number.

WORKED EXAMPLE

See look for repeated patterns in real life

A realistic example

Across seven days, evening hunger reaches 4 or 5 on the three days when lunch lacks a protein source and work runs late. The next experiment is to strengthen lunch and prepare a backup snack or meal. The person does not need to change every fasting window at once.

The common mistake

The common mistake is collecting ratings without a review question. Decide in advance: I am watching whether short sleep makes the planned window harder. At the end of the week, answer that question and choose one response. Then stop tracking what is not useful.

A THREE-STEP DECISION

1. Name the facts

Describe what is happening now, including symptoms, schedule, food access, sleep, medication, and other relevant context.

2. Compare the options

Ask which option respects safety, real constraints, and the purpose of the plan. A longer or stricter option is not automatically better.

3. Choose and review

Take the smallest useful action, then note what happened. Change one variable at a time when possible.

TRY THIS

Choose one pattern you want to watch for seven days.

Success means you tested one useful action - not that the day looked perfect.

WORKBOOK

Turn the idea into your own plan

Before you write

The point of this page is not to produce perfect answers. It is to make 'Look for repeated patterns' specific enough to use. Write short phrases. Use facts from a normal week, and leave any question blank if it does not help. Keep this warning in view: The common mistake is collecting ratings without a review question. Decide in advance: I am watching whether short sleep makes the planned window harder. At the end of the week, answer that question and choose one response. Then stop tracking what is not useful.

1

Explain 'Look for repeated patterns' in your own plain words.

2

What in your current routine already supports this idea?

3

What one real constraint could make the ideal version difficult?

4

Which reminder is most useful today: Review several days. / Find the repeated context. / Test one small change.

5

Complete the plan: If the day changes, I will still choose one pattern you want to watch for seven days.

One sentence to carry forward

I can use this idea without making the plan harsher.

PUT IT TOGETHER

A messy day is where the plan matters

The situation

At 4 p.m. your hunger is 5/5, energy is 1/5, and you feel dizzy after a small lunch.

Option A

Ignore it to protect the fast.

Option B

Stop, eat, rest, and seek help if symptoms are severe or do not improve.

The better next move

Choose B. The purpose of tracking is to support wellbeing, not to override it.

Why this answer is stronger

The better choice is not the one that protects the most impressive number. It is the one that uses the available facts, respects warning signs, and keeps tomorrow workable. Notice which detail changed the decision. Then write a fallback rule now, while you are calm, so you do not have to invent one in the difficult moment.

YOUR FALLBACK RULE

CLAIM CHECK

Four shortcuts that create confusion

A myth often contains one real word and one unjustified leap. Keep the useful part, remove the guarantee, and ask what was actually measured.

Myth 1

CLAIM: Hunger should disappear if the plan is right.

REALITY: Hunger can occur in a workable plan and still deserves attention.

Myth 2

CLAIM: Low energy proves fat burning.

REALITY: Subjective energy does not identify a fuel pathway.

Myth 3

CLAIM: Mood changes are just a discipline problem.

REALITY: Mood has many biological, psychological, and situational influences.

Myth 4

CLAIM: More tracking always gives better control.

REALITY: Excess tracking can create noise, anxiety, or compulsive behavior.

A better sentence pattern

In this study, researchers measured [outcome] in [participants] under [conditions].
The result may not apply to every person.

WHEN THE PLAN MEETS LIFE

Use the signal, then choose the response

Troubleshooting is not finding a way to force the original plan. It is identifying the actual problem and choosing the smallest response that protects health and learning.

1. Ratings feel like grades

Remove the colors and labels; use plain words and a neutral scale or stop tracking.

2. Hunger becomes intense every evening

Review earlier meal adequacy, schedule length, stress, and access to food.

3. Energy is low after poor sleep

Use a recovery plan rather than extending the fast or adding hard exercise.

4. Dizziness or faintness appears

End the fast and address symptoms; seek urgent help when severe, persistent, or concerning.

5. The log increases anxiety

Reduce frequency, hide numbers, or stop and discuss the pattern with an appropriate professional.

Escalate instead of troubleshooting alone

Severe, persistent, or medically concerning symptoms need appropriate professional care. The app is not a substitute for assessment.

SIX QUESTIONS

Check the reasoning, not your memory

1

A check-in is a judgment of discipline.

T / F

2

Sleep and stress can change hunger and energy.

T / F

3

Frequent food fear or compensatory behavior deserves support.

T / F

4

Hunger should disappear if the plan is right.

T / F

5

Low energy proves fat burning.

T / F

6

Mood changes are just a discipline problem.

T / F

ANSWER KEY

1. FALSE: It is a neutral observation tool.
2. TRUE: Context is part of the pattern.
3. TRUE: Pause fasting and speak with a qualified professional.
4. FALSE: Hunger can occur in a workable plan and still deserves attention.
5. FALSE: Subjective energy does not identify a fuel pathway.
6. FALSE: Mood has many biological, psychological, and situational influences.

DAYS 1 TO 4

Practice one small action at a time

Do not stack extra rules onto these actions. If a day does not fit, record what changed and continue with the next appropriate step.

Day 1

ACTION: Choose your 1-to-5 words.

PREPARE: Decide when and where this will happen. Make the first step visible or easy.

NOTICE: What helped, what got in the way, and what would make tomorrow simpler?

Day 2

ACTION: Check in at one fixed time.

PREPARE: Decide when and where this will happen. Make the first step visible or easy.

NOTICE: What helped, what got in the way, and what would make tomorrow simpler?

Day 3

ACTION: Add sleep context.

PREPARE: Decide when and where this will happen. Make the first step visible or easy.

NOTICE: What helped, what got in the way, and what would make tomorrow simpler?

Day 4

ACTION: Add meal and stress context.

PREPARE: Decide when and where this will happen. Make the first step visible or easy.

NOTICE: What helped, what got in the way, and what would make tomorrow simpler?

End-of-page check

Which action deserves to be repeated before anything becomes harder?

DAYS 5 TO 7

Finish with a review, not a verdict

Day 5

ACTION: Use one supportive response.

KEEP IT SMALL: Use the easiest version that still teaches you something.

WRITE ONE LINE: I noticed... / Next time I will...

Day 6

ACTION: Notice a repeated pattern.

KEEP IT SMALL: Use the easiest version that still teaches you something.

WRITE ONE LINE: I noticed... / Next time I will...

Day 7

ACTION: Choose one gentle adjustment.

KEEP IT SMALL: Use the easiest version that still teaches you something.

WRITE ONE LINE: I noticed... / Next time I will...

WEEKLY REVIEW

1

What became easier after repetition?

2

Which condition made the plan harder?

3

What should stay exactly the same next week?

A useful week produced information. It did not need to produce perfection.

CHEAT SHEET

The course in five practical reminders

1

Use neutral language.

2

A score needs context.

3

Symptoms outrank targets.

4

Support is not failure.

5

Patterns need several days.

The one rule worth keeping

Track to understand yourself, not to police yourself.

How to keep using the course

Repeat the easiest useful action for another week before adding difficulty. Keep only the data that supports a clear decision. If the plan harms sleep, food adequacy, mood, safety, or daily life, make it simpler or stop. Bring medical questions to a qualified professional with the specific schedule, symptoms, medicines, and goals written down.

COURSE COMPLETE

What the evidence can - and cannot - say

Evidence note for this topic

Self-ratings are subjective observations, not diagnostic tests. Their value comes from repeated context and a clear decision question. This workbook deliberately avoids interpreting hunger, mood, or energy as proof of a metabolic phase.

SOURCES AND FURTHER READING

1. National Institute on Aging. Calorie restriction and fasting diets: What do we know? 2018.
2. Lowe DA et al. TREAT Randomized Clinical Trial. JAMA Internal Medicine. 2020. PMID 32986097.
3. This check-in is not a validated mental-health or eating-disorder screening tool.
4. National Institute of Mental Health. Eating Disorders: What You Need to Know. Reviewed 2025.
5. National Heart, Lung, and Blood Institute. Healthy Sleep Habits.
6. Centers for Disease Control and Prevention. About Water and Healthier Drinks. Updated 2026.

How to read the list

When you read a claim, check who was studied, what the comparison was, how long the intervention lasted, what was directly measured, and whether the result was clinically meaningful. A mechanistic finding can be important without proving a personal outcome. A statistically significant result can still be small, short-term, or difficult to generalize.

Your next step

Choose one gentle adjustment.