

Mediterranean Wellness

Accountability Card

Week 4

Week 4 is the final week of the eating behavioral portion of The Mediterranean Wellness curriculum. This week we focus on decreasing our between meal snacking and feeling of hunger that is sometimes felt between meals. We do this by adding a wonderful treat to the end of our meals. THE ENDER!

1. Sample different enders.
2. Which ones worked?
3. When was the ender beneficial?
4. Which one was your favorite?
5. Take note of how long you are able to go now, between meals, without feeling like you need to eat.

| | Enders sampled | | Did you make it between meals without hunger? Y/N | | How long after a meal until hungry again? | |
|-------|----------------|-----------|--|--------------|---|--------------|
| One | <u>Ln</u> | <u>Dn</u> | <u>B-Ln</u> | <u>Ln-Dn</u> | <u>B-Ln</u> | <u>Ln-Dn</u> |
| Two | <u>Ln</u> | <u>Dn</u> | <u>B-Ln</u> | <u>Ln-Dn</u> | <u>B-Ln</u> | <u>Ln-Dn</u> |
| Three | <u>Ln</u> | <u>Dn</u> | <u>B-Ln</u> | <u>Ln-Dn</u> | <u>B-Ln</u> | <u>Ln-Dn</u> |
| Four | <u>Ln</u> | <u>Dn</u> | <u>B-Ln</u> | <u>Ln-Dn</u> | <u>B-Ln</u> | <u>Ln-Dn</u> |
| Five | <u>Ln</u> | <u>Dn</u> | <u>B-Ln</u> | <u>Ln-Dn</u> | <u>B-Ln</u> | <u>Ln-Dn</u> |
| Six | <u>Ln</u> | <u>Dn</u> | <u>B-Ln</u> | <u>Ln-Dn</u> | <u>B-Ln</u> | <u>Ln-Dn</u> |
| Seven | <u>Ln</u> | <u>Dn</u> | <u>B-Ln</u> | <u>Ln-Dn</u> | <u>B-Ln</u> | <u>Ln-Dn</u> |