

How much= How Long

DATE :

HOW MUCH = HOW LONG

This challenge is to help you understand how much energy and how much hunger food solves for. For example: when you notice an apple may give you about an hour of SOLVE for hunger then you learn how to plan your food choices. If you know that you have to get 3-4 hours of SOLVED hunger from food you probably will not choose the apple, or you will add to it. Fill this form in for a day and notice how long your food choices last.