Hunger Scale



- RECONNECT WITH YOUR BODY
- MINDFUL EATING VS MINDLESS EATING
- EAT FOR THE WAY YOU WANT TO FEEL

		CHECK-IN WITH YOURSELF:
Overly full	10	Stuffed, painfully full
	9	Discomfort, overly full
	8	Full, slightly uncomfortable
- AVOID THE EXTREMES	7	Satisfied and comfortable
	6	Starting to feel satisfied
	5	Neutral, not hungry, not full
	4	Slight hunger
	3	Hungry, ready to eat
	2	Intense hunger, eager to eat
	1	Uncomfortably hungry, irritable
	0	Ravenous, may feel shaky, weak or dizzy