

## Hunger/Fullness Scale

<b>10</b> <b>So stuffed that you are miserable or nauseous</b>
<b>9</b> <b>Very uncomfortably full, need to loosen clothing</b>
<b>8</b> <b>Uncomfortably full or bloated</b>
<b>7</b> <b>Full, a little uncomfortable</b>
<b>6</b> <b>Satisfied, very comfortable</b>
<b>5</b> <b>Comfortable, more or less satisfied, could eat a little more and be okay</b>
<b>4</b> <b>Slightly uncomfortable, first signs of hunger</b>
<b>3</b> <b>Hunger pangs, uncomfortable</b>
<b>2</b> <b>Very uncomfortable, irritable, shaky, hard to concentrate</b>
<b>1</b> <b>Weak, light-headed, dangerously hungry</b>

