

Hunger/Fullness Scale

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

