



Hunger and Fullness Scale

1	Feeling empty and completely starving
2	Ravenous and preoccupied with food
3	Hunger pangs and empty stomach
4	Hunger has set in and you are ready to eat
5	Neutral - neither hungry nor full
6	Satisfied with a slightly full stomach
7	Comfortably satisfied
8	Full, but not overly full that you feel uncomfortable
9	Uncomfortably full
10	Feeling so full you may feel sick

We want to try to stay between 4 and 7 on this scale