

The Hunger/ Fullness Scale

Use this scale to help you get in touch with your hunger and satiety cues. Remember, it's not important to follow this scale "perfectly", but rather to learn more about your own individual body and how your hunger and fullness signals work.

How to use the hunger scale to reach your goals

1. Whether you use a food journal or the attached chart, mark down a number for each meal when you begin eating.
2. Use the same scale to record how full you feel when you finish eating.
3. Monitor this process to see if you can find connections to appetite, cravings, or emotions.
4. As you get comfortable monitoring your appetite, try to figure out how it would feel to eat when you're a 3-4 and stop when you're a 6-8. It's not necessary to follow this perfectly, but rather be aware of how you're feeling when you do.

* Instead of relying on external signals (like an empty plate) to stop eating, try to listen to your fullness cues.

* If it helps, pause during the meal to assess where you are at with hunger and fullness.

Remember, it's sometimes hard to recognize the difference between emotional hunger and physical hunger, especially when our "mind" tells us when to eat, what to eat, and how much to eat, rather than our physical body. This hunger scale is a tool that can help you create a healthy relationship with food.

The Hunger/ Fullness Scale

1

5

10



Ravenous, weak and lightheaded. Your stomach is growling, and you have a headache. Any food would do at this point, even if it's food you don't like.



Overhungry. You feel irritable and unable to concentrate.



Hunger pangs. You may feel uncomfortably hungry and know it's "time to eat".



Hunger awakens. You are slightly uncomfortable and just beginning to feel signs of hunger. Your body is giving you the signal that you might want to eat.



Neutral and comfortable. You're more or less satisfied, but could eat a little more. Your body has enough fuel to keep it going and is physically and psychologically just starting to feel satisfied.



Just satisfied. Perfectly comfortable but could eat a few more bites.



Completely satisfied and a little bit uncomfortable. You're past the point of fullness, yet you can still "find room" for a little more. Your body says "no" and your mind says "yes" to a few more bites.



Full and uncomfortable. You feel bloated and may need to loosen your clothes. Maybe you shouldn't have had more, but it tasted so good it was worth the uncomfortable feeling.



Stuffed and very uncomfortably full. You might feel heavy, tired, and want to erase the way you feel in this moment.



Sick and feeling nauseous. This might be a typical Thanksgiving Dinner feeling - you are physically miserable, don't want to or can't move, and feel like you never want to look at food again.

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	Breakfast		Lunch		Dinner	
	Before	After	Before	After	Before	After
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						