

Hunger Scale



Level before _____

Level after _____

Levels of Hunger & Fullness	Body Sensations - internal cues you may notice
0 - primal hunger	0 - Hunger pains, urgent, nauseous, feeling faint
1 - ravenous hunger	1- anxious to eat, irritable, moody, headache
2- very hungry	2 - gurgling/growling stomach, difficulty concentrating
3 - hungry	3 - ready to eat, gentle hunger, no urgency
4 - slightly hungry	4 - stomach feels slightly empty
5 - Neutral	5 - neither hungry nor full
6 - slightly full	6 - initial sensations of fullness but not yet satisfied, want to eat more
7 - comfortably full	7 - satisfied, comfortable, content
8 - full	8 - stomach feels slightly over-full
9 - very full	9 - uncomfortable, distended stomach, clothing feels restrictive
10 - painfully full	10 - painful, stuffed, physically ill, nauseous



Notes

Overall was this meal pleasant, unpleasant or neutral?

Make some notes about your eating environment. Are you at home, work, or other? Are you sitting at a table, couch, or floor?

Write down any distractions during your meal.

How many minutes did it take to finish your meal?

Write down any emotions or feelings you experienced during your meal. You can also reflect on how you felt before and after you ate.

What factors may have impacted your overall satisfaction with this meal?

