



Hunger Scale

Use the hunger scale to determine where you are on the hunger scale before and after eating. First start by recording and noticing patterns. With time, you can try to adjust your meals to start when you are hungry, but not too hungry, and finish when you are content and still able to go on a brisk walk.

Goal Eating Zone

Jittery/Weak **-5** Angry

Pain **-4** Irritable

Stomach Growling **-3** Focused on Food

Hungry **-2** Ready to Eat

Slight Tinge of Hunger **-1** Interested in Food

Neutral **0** Neutral

Fed, able to Run **1** Confident

Fed, able to brisk walk **2** Content

Full/Heavy **3** A bit Frustrated

Uncomfortable **4** Disappointed

Not moving/ill **5** Helpless