

Hunger & Fullness Scale



Use this chart to rate your hunger (before meals) and fullness (after meals). Record these numbers in your Mood & Food Diary.

OVERLY HUNGRY	1	PAINFULLY HUNGRY, "STARVING", SHAKY, IRRITABLE, FAINT
	2	VERY HUNGRY, DISTRACTED, HEADACHE
	3	HUNGRY AND READY TO EAT
HUNGER & FULLNESS SWEET SPOT	4	STARTING TO FEEL HUNGRY, STOMACH IS GROWLING
	5	NEUTRAL - NOT HUNGRY OR FULL
	6	NOT HUNGRY ANYMORE, SLIGHTLY FULL
	7	SATISFIED AND COMFORTABLE
OVERLY FULL	8	SLIGHTLY UNCOMFORTABLE, FULL
	9	UNCOMFORTABLY FULL
	10	FEEL SICK, "STUFFED", PAINFULLY FULL

*ADAPTED FROM THE INTUITIVE EATING WORKBOOK

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