

# The Hunger Scale

Try eating before your hunger goes below 3, and ending your meal around 6–7.



## Check In

Check in before you begin eating and again when you are finished. The goal is to experiment and use your wisdom for next time!

## Reflect

Take note (without judgment!) of where you started and where you finished. Were you overly hungry? Or, not hungry at all? Did you find you were eating on autopilot? Did you notice your hunger change?

## Watch for Patterns

As you continue to practice, notice any patterns emerging.

**1**

### Starving

Shaky, irritable, you feel like you must eat immediately.

**2**

### Very Hungry

Thinking mostly about food, need to eat very soon.

**3**

### Growling

You want to eat, but you can wait.

**4**

### Hungry

Starting to feel hungry, stomach growling.

**5**

### Neutral

Neither full or hungry. You aren't thinking about food.

**6**

### Satisfied

You could eat more but feel fine stopping.

**7**

### Pleasantly Full

Completely satisfied, have had enough.

**8**

### Stuffed

You've gone past your comfort point.

**9**

### Uncomfortable

You wish you hadn't eaten so much.

**10**

### Painfully Stuffed

Feel like you never want to eat again.