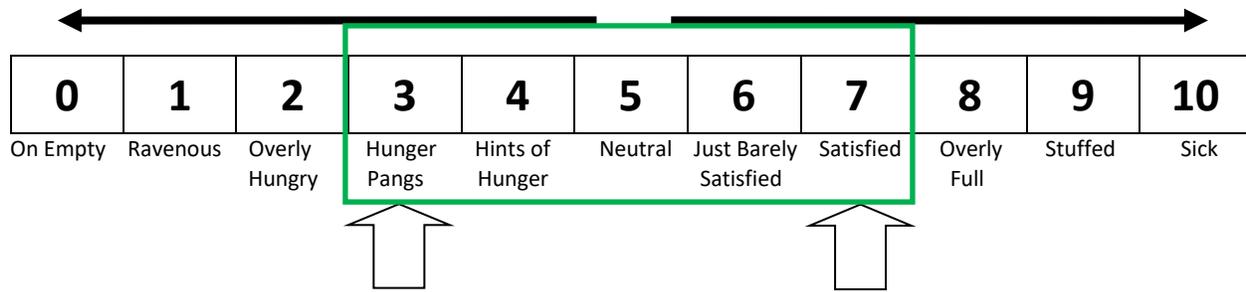


## Hunger-Fullness Scale



**At 0, you are completely on empty.** You've gone too long without eating and/or did not include the right balance of nutrients. You may be irritable. You might be feeling nauseous or dizzy, or you may have a headache.

**At 1, you are ravenous.** All you can think about is how hungry you are. You can only think about what you want to eat. When you do eat, it is likely that you will overeat.

**At 2, you are too hungry.** You are probably irritable. You may have a headache. Your stomach might be aching by now.

**At 3, you are having hunger pangs.** It's time to eat. Your body is giving you the natural signals that it needs food. This is a good number to start eating--wait any longer and you will be too hungry.

**At 4, your hunger is just starting to awaken.** There is a sense of emptiness in your stomach. This can also be good time to eat.

**At 5, you are neutral.** You aren't hungry or full. If you feel this and want to eat, it is not due to hunger, but you may want to eat out of boredom or stress.

**At 6, you are just barely satisfied.** You aren't hungry anymore, but probably will be in 2 hours or less. There is definitely more room for food, and you still feel light and energized. This may be a good place to finish a meal or snack since there may be a delay in determining your true level of satiety.

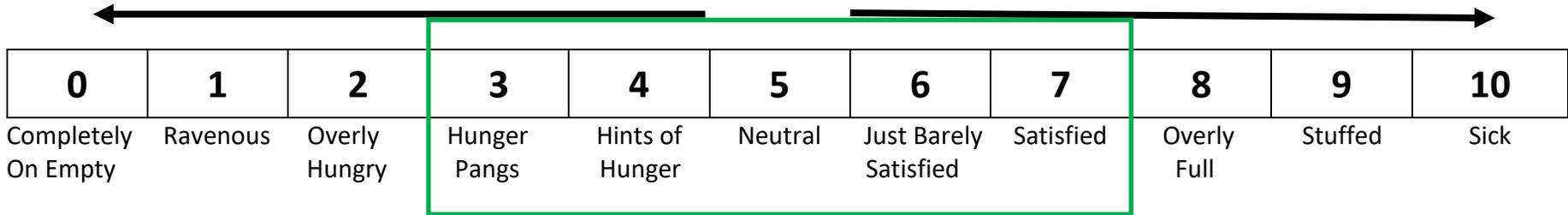
**At 7, you are 'just right'.** You have had your fill of the food you wanted. You are no longer hungry and you probably won't need to eat again for some time. This is also a good place to finish a meal or snack.

**At 8, you had a few bites too many.** You ate a few more bites because it was there or tasted good. You might feel a bit bloated like you need to undo the top button of your pants.

**At 9, you are stuffed.** You have gone overboard. Your meal has gone past the point of pleasure, and you now feel uncomfortable. You may feel a bit numb or sleepy.

**At 10, you feel sick.** You feel uncomfortable to the point of pain and/or nausea. You may need to lie down until you feel better.

### Hunger-Fullness Scale



### Sample Mindful Eating Log

Record everything you eat and drink along with your hunger/fullness level before, during, and after you eat. Make a point to stop after you are about halfway through eating and check in with your hunger level at that point.

Date/Time	Level - Before	Foods/Beverages Consumed	Level - Halfway	Level - After	Reflections (Include the reason you ate.)