



Where do you rate on the hunger scale?

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10      9      8      7      6      5      4      3      2      1

- 10** So full, you feel like you will bust
- 9** Full and Uncomfortable
- 8** Full
- 7** Starting to feel full
- 6** Slight feeling of fullness (good time to stop eating)
- 5** Neutral- feel energized and comfortable
- 4** Slight feeling of hunger (good time to eat)
- 3** Hungry (best not to drop below this)
- 2** Hungry and light headed
- 1** So hungry you feel shaky and can't think straight  
(will be hard to make healthy food choices, watch portions and eat slow)

The goal is to **never** start eating below a 4 and to **stop** eating when you are at a 6