

hunger & FULLNESS

The Hunger and Fullness Scale



0 1 2 3 4 5 6 7 8 9 10

- 0 - Painfully Hungry
- 1 - Ravenous - Very Distracting
- 2 - Very Hungry - Eager to Eat
- 3 - Hungry, but not starving
- 4 - Slightly empty stomach
- 5 - Neutral - Not hungry or full

- 6 - Slightly full stomach
- 7 - Comfortably satisfied
- 8 - Little bit too full
- 9 - Uncomfortably full
- 10 - Painfully full

		Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	Before							
	After							
Lunch	Before							
	After							
Dinner	Before							
	After							
Snacks	Before							
	After							