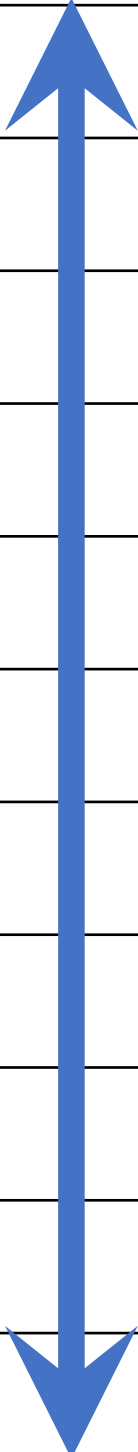


## **Hunger & Fullness Scale**

Use this to rate your hunger before a meal or snack,  
and to rate fullness after eating.



0	Starving, About to Pass Out
1	Over Hungry, Very Cranky
2	Irritable
3	Hungry
4	Some hunger, could eat
5	Neutral
6	Feeling food in stomach
7	Almost Satisfied
8	Satisfied, Full
9	Stuffed
10	Very Uncomfortably Full