

Hunger and Satisfaction Scale

Use this scale to tune into feelings of hunger and satisfaction. Each person may feel differently at each level; these descriptions are just suggestions. Feel free to use your own language and experience to describe how you feel at each level.

Scale: 1–10

1–2: Too hungry: headache, dizzy, nauseous, irritable, shaky, low energy

3–4: Hungry: empty, thoughts turn to food, hunger pangs, growling stomach

5: Neutral: no longer hungry but not quite satisfied

6–7: Satisfied: pace of eating slows, feeling of well-being

8–10: Too full: ranges from uncomfortably to painfully full, even nauseated.

— *Source: Green Mountain at Fox Run*