

HUNGER FULLNESS SCALE

0 Over hungry: painfully hungry, primal hunger, intense and urgent

1 Over hungry: ravenous and irritable, anxious to eat

2 Over hungry: very hungry, looking forward to a satisfying meal or snack

3 Normal eating range: hungry and ready to eat without urgency, polite hunger

4 Normal eating range: subtly hungry, slightly empty

5 Normal eating range: neutral, neither hungry nor full

6 Normal eating range: beginning to feel emerging fullness

7 Normal eating range: comfortable fullness, you feel satisfied and content

8 Over full: a little too full

9 Over full: very full, too full, uncomfortable

10 Over full: painfully full, stuffed, possibly nauseous

WHEN DO YOU USUALLY START EATING?

0 1 2 3 4 5 6 7 8 9 10

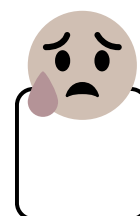
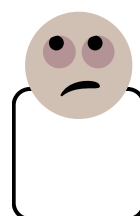
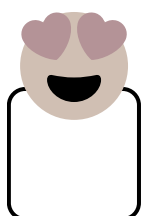
WHEN DO YOU USUALLY STOP EATING?

0 1 2 3 4 5 6 7 8 9 10

What feelings come up for you when you're hungry?

What feelings come up for you when you're full?

WHAT IS YOUR GENERAL HUNGER/FULLNESS FEELING RIGHT NOW?



WEEK 2 - HONOR YOUR HUNGER/RESPECT YOUR FULLNESS

DIETING CAN TURN OFF YOUR NATURAL HUNGER AND FULLNESS CUES BECAUSE DIETS DICTATE WHAT TO EAT, WHEN TO EAT AND HOW MUCH TO EAT. BECOMING AN INTUITIVE EATER REQUIRES GETTING IN TOUCH WITH YOUR BODY'S NATURAL CUES AND LEARNING TO TRUST YOUR BODY.

Remember, every positive eating experience is one step closer to restoring body trust.

1) What physical symptoms do you have when you are hungry?

2) What physical symptoms do you have when you are full?

3) What are your goals around hunger/fullness this week?
