

HUNGER SCALE

Know Thyself



Great Tips:

Eat slowly. It takes 20 minutes for your brain to recognize that your body is full.

Drink plenty of water. Sometimes the hunger feeling is actually dehydration.

1

I'M HANGRY!!

YOU'RE IRRITABLE, MAYBE NEED TO LIE DOWN, IT'S UGLY AND YOU CAN'T STOP IT, CAN'T CONCENTRATE

2

I'M DESPERATE!

TIRED, MAY HAVE A HEADACHE, YOU NEED TO EAT SOON OR IT'S GOING TO BE UGLY

3

REALLY GOTTA EAT!

IRRITABLE, CAN'T CONCENTRATE, MAYBE NAUSEOUS, TUMMY GROWLING, ANXIOUS FEELING, PHYSICALLY HUNGRY

4

HUNGRY

STARTING TO THINK ABOUT FOOD, MAY NEED TO EAT SOON

5

I'LL EAT SOON

NOT FULL, NOT YET HUNGRY.

6

FEELING GREAT

100% SATISFIED

7

FEEL A LITTLE TOO GOOD

STARTING TO FEEL UNCOMFORTABLE, KNOW YOU SHOULDN'T EAT MORE, YOU DO ANYWAY

8

UNCOMFORTABLE

UNDO PANTS, WISH YOU HADN'T EATEN SO MUCH

9

ATE TOO MUCH

VERY TIRED, BLOATED, TOO UNCOMFORTABLE, STUFFED

10

NEVER EATING AGAIN!

FEEL SICK, SWEAR OFF FOOD FOREVER, HARD TO BREATHE