



weight management psychology

Mindful-Intuitive Eating Journal

Hunger/Fullness Scale Indicators

1 - Famished/Starving

2 - Weak, headache, cranky, low energy

3 - Want to eat now, stomach growls and/or feels empty

4 - Hungry, but could wait to eat, starting to feel empty

5 - Not hungry, not full

6 - Feeling satisfied, stomach feels full and comfortable

7 - Feeling full, certainly don't need any more food

8 - Uncomfortably full

9 - Stuffed, very uncomfortable

10 - Bursting, painfully full