

HUNGER SCALE



0
Empty



1
Revenous



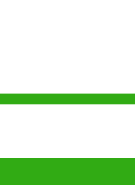
2
Over-Hungry



3
Hunger Pangs



4
Hunger Awakens



5
Neutral



6
Just Satisfied

7
Completely Satisfied

8
Full

9
Stuffed

10
Sick

(0-3)

Don't let yourself get here. When we're extremely hungry, it's super easy to overeat. Eat slowly and fill up on whole foods.

(3-6)

When you feel hunger pangs, that's a good thing! We're meant to feel hungry. Honor that hunger and nourish your body with whole foods.

(6-7.5)

An awesome place to be in. When you're satisfied, appreciate that feeling and let it guide you to finish your meal or snack.

(7.5-10)

Becoming uncomfortably full feels awful. Simply remember to tune-in, listen to your body, and honor your hunger and fullness.