

Hunger / Fullness Rating Scale

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- 1. Ravenous hunger**
(empty, numb, shaky, dizzy, nauseous)
 - 2. Extreme hunger**
(cranky/moody, headache, painful emptiness in stomach)
 - 3. Moderate hunger**
(urgency to eat, stomach growling, pleasant cues to eat)
 - 4. Mild hunger**
(comfortable, slight signs of hunger, cravings/thoughts of snacks/meals)
 - 5. Neutral**
(no body or mind cues to eat)
 - 6. Slight fullness**
(feeling of food in stomach, not yet satisfied)
 - 7. Satisfied**
(feeling full and comfortable)
 - 8. Uncomfortable fullness**
(expanded stomach, pressure in belly, overly full, adjusting body position or clothing to improve comfort level)
 - 9. Extreme fullness**
(bloated stomach, sleepy, uncomfortable, unbuttoning clothing or loosening belt buckle to improve comfort level)
 - 10. Painful fullness**
(extreme body discomfort, sharp or dull pain in stomach, nauseous, miserable)