



## BODY AND FOOD LIBERATION PROGRAM

### Hunger and Fullness Scale



**10:** Painfully full, stuffed. May feel nauseous

**9:** Very full, too full. You feel uncomfortable as if needing to loosen up your clothes

**8:** A little too full. This doesn't feel pleasant but it hasn't ruined your experience

**7:** Comfortable fullness. You feel satisfied and content

**6:** Beginning to feel emergent fullness

**5:** Neutral, Neither hungry or full

**4:** Subtly hungry, slightly empty.

**3:** Hungry and ready to eat but without urgency.

**2:** Very hungry. Looking forward to a hearty meal or snack.

**1:** Ravenous and irritable. Anxious to eat

**0:** Painfully hungry. This is primal hunger, which is intense and urgent