

# Hunger & Fullness Scale

1

So hungry,  
can't focus.  
Feeling  
weak/dizzy.

2

Very hungry.  
Irritable.  
Low energy.

3

Definitely  
hungry.  
Stomach is  
starting to  
growl.

4

Beginning to  
feel hungry.

5

**Neutral.**  
**Neither**  
**hungry or**  
**full.**

6

Pleasantly  
satiated.  
But could eat  
more.

7

No longer  
hungry.  
Comfortably  
full.

8

Feeling full.  
Eating  
another bite  
would cause  
discomfort.

9

Feeling  
stuffed.  
Stomach  
aches.

10

"Thanksgiving  
full"  
Extremely full.  
Feeling  
bloated.


# What am I...

## Thinking



Work  
Family  
Money  
Health  
Future  
Current Events

## Feeling



Anxious  
Depressed  
Angry/Frustrated  
Content  
Stressed  
Happy

## Doing



On the Phone  
Watching TV  
By the computer  
Doing work  
Reading  
Talking