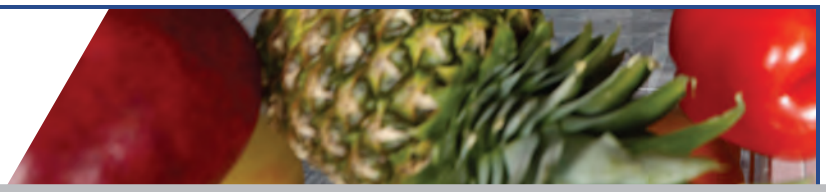
MY HUNGER **SCALE**



Using the hunger scale below, complete this worksheet to keep track of your hunger levels every time you eat. Then answer the few questions that follow.

0 Starving to the point of feeling sick
1 Ravenous and feeling dizzy and weak
2 Reallyhungry, irritable, and distracted
3 Hungry with a grumbling stomach
4 Getting hungry and thinking of food
5 Comfortable. Not hungry
6 Satisfied
7 Full and slightly uncomfortable
8 Overfull and feeling a little bloated
9 Stuffed and very uncomfortable
10 Sick and miserable, extremely uncomfortable

Time	Hunger Scale Before Eating	Food Eaten	Hunger Scale after eating	Mood after eating:

Questions:

1. What insight did you gain from this exercise?

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2. What are two things that you will do differently based on your experience with this exercise?

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