

Hunger and Satiety Scale

0	Starvation mode. Void of feelings. No energy, tired, empty.
1	Ravenous. Feeling uncomfortably hungry. Dizzy, grumpy.
2	Very Hungry, unable to focus on work or conversation.
3	Hungry. Stomach is beginning to growl, you are beginning to lose focus.
4	Getting Hungry. First thoughts of food begin.
5	Neutral. Not hungry, not full. Not obsessing about food. Nurtured, productive, able to focus. If you are eating, you can still eat more.
6	Satisfied. You've eaten enough to be content. You are not uncomfortable, yet you do not need more.
7	Slightly Full. A bit more than satisfied. You might feel like you had a bit too much.
8	Very Full. You begin to feel bloated as though you've had too much.
9	Uncomfortably full. You just want to go to sleep. You might feel depressed or regretful.
10	Completely Stuffed. You feel like you might throw up. You are in pain, you can't focus, and you don't know how you got here.

Red- Danger Zone

Green- Go ahead and Eat

Yellow- Slow down, you can stop eating now