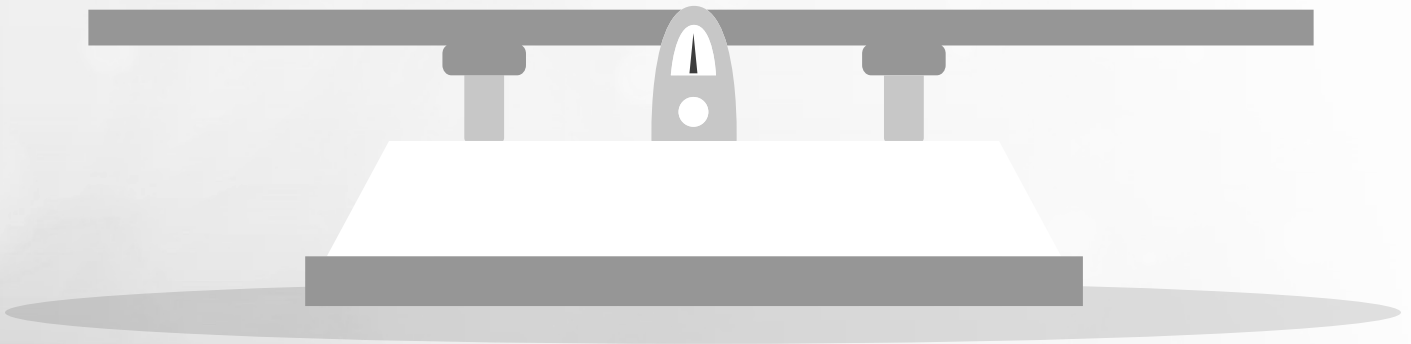




MINDFULNESS OF HUNGER SCALE



- 10 Overly full. Uncomfortable feeling in the stomach. Bloating. Feeling regret.
- 9 Very full. You can tell you've eaten a large amount. Emotional and/or physical discomfort.
- 8 Comfortably full.
- 7 Slightly full and satisfied.
- 6 Satiated. Quenched. Appeased stomach.
- 5 Not hungry or full.
- 4 A little hungry. Need a snack. Hunger pangs begin.
- 3 Hungry. Ready for a light meal.
- 2 Ravenously hungry. In need of a complete meal.
- 1 Famished. Extremely hungry. Growling stomach, low energy, headache.

Awareness Level

- 10 Hyper aware thinking about each calorie. Worried about each bite.
- 9
- 8
- 7
- 6
- 5 Aware and in-the-moment. Savoring.
- 4
- 3
- 2
- 1 Zoned out, trance like eating. Not tasting each bite.

Rate your hunger throughout the day. Choose a time to check in and evaluate your hunger level (on the hour) or a cue (when your mobile phone rings).

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Distributed by:
www.dietforbalancedhealth.com
jbheckdesigns@gmail.com