Hunger/Fullness Scale

1	EXTREMELY HUNGRY	Weakness, light-headed
2	RAVENOUS	Irritation, inability to concentrate, stomach pains
3	HUNGRY	Rumbling stomach, stomach feeling empty
4	MILD HUNGER	Thinking about food, not uncomfortable
5	NEUTRAL	Comfortable but could eat more
6	MILD FULLNESS	Stomach might not feel empty, but not satisfied
7	FULL	Satisfied, stomach feels full
8	SLIGHTLY OVERFULL	Slightly uncomfortable
9	OVERFULL	Very uncomfortable, feeling bloated, tired
10	PAINFULLY STUFFED	Feeling ill, nausea, or pain