

## The Hunger and Fullness Scale

	PHYSICAL SENSATIONS	THOUGHTS	EMOTIONS & FEELINGS
0	Weak, headache, dizzy, non-stop growling, no-concentration, low Blood sugar, tunnel vision	If I don't eat, I'm going to LOSE IT! (not a nice place to land, though we can inadvertently land here from time to time. See over for prevention strategies)	Primal hunger, aggressive,
1	Intense growling or gnawing, slightly nauseous or famished	I'm starving – I could eat anything - (not a fun place to be or conducive to long-term health goals)	Irritated, bitchy, easily annoyed
2	Empty, growling or gnawing	I'm really hungry – I better eat very soon	Slightly annoyed
3	Slightly empty, little rumbles but no growling – starting to prepare for a meal	I'm hungry – I'm looking forward to eating a balanced and enjoyable meal	Focused on food and ready to eat
4	Tiniest whist, planning what to eat and what food sounds best	I think I'm getting hungry	Slightly distracted
5	Not hungry, not satisfied	Ooh, Qantas have cheap flights to the Barossa in March – Woo hoo – Grape harvest time	Neutral
6	A light feeling of food in the stomach	I'm getting full	Mindful, aware, motivated
7	¾ full, a feeling of enough food, light & energetic, could do some yoga	I'm ready to move on with my day	Content, satisfied, focused
8	Full, a little uncomfortable, clothes feeling tight	I'd feel better if I didn't have those last couple of bites	A little disappointed
9	Too full, heavy, tired, undo top button	I ate too fast. I didn't need that second helping. I ate way too much	Guilty, self-conscious, ashamed
10	Bloated, Sleepy, have to change clothes	I'm stuffed. Why do I do this? I feel awful!	Hopeless, out of control, despair

Adapted from Lisa Spencer – "Hunger and Fullness Scale"

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