

✂ - - - - - **Hunger-Satiety Rating Scale** - - - - -

- Full** 10 = Stuffed to the point of feeling sick
- 9 = Very uncomfortably full, need to loosen your belt
- 8 = Uncomfortably full, feel stuffed
- 7 = Very full, feel as if you have overeaten
- 6 = Comfortably full, satisfied
- Neutral** 5 = Comfortable, neither hungry nor full
- 4 = Beginning signs and symptoms of hunger
- 3 = Hungry with several hunger symptoms, ready to eat
- 2 = Very hungry, unable to concentrate
- Hungry** 1 = Starving, dizzy, irritable

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