This worksheet should be completed daily until you're able to stick to your calorie goal and / or have found a diet that is satisfying to you. By being consciously aware of your feelings you are more likely to stay on track and make positive changes to your diet.

## THE HUNGER SCALE

1

So hungry you're dizzy and weak. 2

Very hungry,

irritable, low

energy, large

food thoughts

Based on how I felt today, I will change

amounts of

stomach grumbling,

every few

seconds.

Pretty hungry, stomach is beginning to growl, thinking about food every few minutes. 4

Beginning to feel hungry and have thoughts about food. Stay within this zone for the best hunger control. 5

Satisfied, neither hungry nor full. Stay within this zone for the best hunger control. 6

Slightly full or pleasantly full. Stay within this zone for the best hunger control.

Slightly uncomfortable, could have stopped eating several bites ago.

Feeling stuffed and uncomfortable.

9 10

Very So full you uncomfortable, feel sick. stomach aches or is distended.

oday is (date):	
efore I ate breakfast my hunger was on the hunger scale. It was after I ate. I found that this breakfast was: atisfying / unsatisfying (circle one).	
sefore I ate lunch my hunger was on the hunger scale. It wasafter I ate. I found that this lunch was: atisfying / unsatisfying (circle one).	
sefore I ate dinner my hunger was on the hunger scale. It was after I ate. I found that this dinner was: atisfying / unsatisfying (circle one).	
felt the greatest amount of hunger around (time) today.	
felt the most satisfied eating (meal) today.	

tomorrow.