HUNGER AND FULLNESS SCALE

1 Ravenous, painfully hungry 2 Starving, very hungry 3 Hungry but without urgency 4 Slightly hungry, slightly empty 5 Neutral. Neither hungry nor full 6 Beginning to feel fullness 7 Comfortably full Very Full, stomach stretched 8 Uncomfortably full

Feel sick, painfully full

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Eating Awareness Journal

Time	What I ate	Hunger Before	Blood Sugar Before (optional)	Fullness After	Blood sugar 2 hours after (optional)	Did I enjoy my meal?