

Your Hunger Scale

Today, notice how you feel before, during, and after eating. Rank your hunger on scale from 1 (no hunger) to 10 (worst hunger ever). When you are truly physically hungry, eat. Eat slowly, and then stop eating when you get to a 2 or 3 on the hunger scale.

Use this worksheet to help you get into the habit of noticing how physically hungry or full you are.

Goals:

- ① Stay aware of your physical hunger cues and learn to calibrate your eating.
- ② Start eating when you're a 7 or higher.
- ③ Stop eating when you are a 2 or a 3.
- ④ Notice your thoughts, emotions, and physical sensations around eating times.
- ⑤ Try to distinguish "need to eat" from "want to eat" or "should eat".

How to use this sheet:

- ① Mark **two** numbers for each meal: how hungry you are when you start eating, and how hungry you are when you finish eating.
- ② Observe and record your physical and emotional sensations at each meal.

EXAMPLE

Date	Time	Not Hungry										Hungriest
08/21/23	9:00 AM	1	2	3	4	5	6	7	8	9	10	
<p>Notes: Starving when I started out, didn't eat breakfast. Overate. Feel really gross and full now, upset stomach.</p>												
	12:00 PM	1	2	3	4	5	6	7	8	9	10	
<p>Notes: Didn't stop soon enough, feel sluggish and bloated.</p>												

Date

Time

Not Hungry

Hungriest

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Notes:

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Notes:

- 1
- 2
- 3
- 4
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- 7
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- 9
- 10

Notes:

- 1
- 2
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Notes:

- 1
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- 10

Notes:

- 1
- 2
- 3
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- 7
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- 9
- 10

Notes: