



THE HUNGER SCALE

0		I am starving and feel numb.
1		I am very hungry and getting angry ('h-angry').
2		I am hungry and now all I can think about is food.
3		I am quite hungry and am ready to eat now. .
4		I am slightly hungry and can wait to eat.
5		I am not hungry or full, just in between.
6		I am slightly full and can still eat more.
7		I am almost full and my hunger has gone.
8		I feel happily full and not uncomfortable.
9		I am full up and starting to move into uncomfortable.
10		I am stuffed and very uncomfortable.