

The Hunger Spectrum



0	1	2	3	4	5	6	7	8	9	10
Starving, Extremely hungry	Ravenous, feeling weak and dizzy	Very hungry, irritable, low energy	Hungry, grumbling stomach	Hunger awakens, starting to feel hungry	Neutral; will be hungry soon or could eat more.	Almost satisfied; can eat a few more bites	Completely satisfied	Full and slightly uncomfortable	Stuffed, very uncomfortable	Extremely stuffed, not hungry at all