

The Hunger Scale

1	2	3	4	5	6	7	8	9	10
Starving, feeling weak/dizzy	Very hungry, irritable, stomach growling	Pretty hungry, stomach is beginning to growl	Beginning to feel hungry	Satisfied, neither hungry nor full	Slightly full/pleasantly full	Slightly uncomfortable	Feeling stuffed	Very uncomfortable, stomach aches	So full you feel sick

← Ideal Zone →