

HUNGER SCALE

-10

10

-5

0

-2

2

5

Happy, Energetic & Fueled Body

-8: Ravenous

-5: Hungry
Stomach
begins to
growl

-2 - Slight whisper
of hunger

+2 - Just satisfied,
not full,
light and energetic

+5:
Almost Full

+8:
Very Full

+10:
Feel sick to
stomach

-10: Starving

Not hungry,
Not Satisfied