

INTUITIVE EATING HUNGER SCALE



OVERLY
HUNGRY

- 0 = PAINFULLY HUNGRY. INTENSE, URGENT HUNGER.
- 1 = RAVENOUS, IRRITABLE.
- 2 = VERY HUNGRY.

NORMAL
RANGE

- 3 = HUNGRY AND READY TO EAT BUT NOT URGENT.
- 4 = HUNGRY, STOMACH FEELS SLIGHTLY EMPTY.
- 5 = NEUTRAL. NOT HUNGRY, NOT FULL.
- 6 = BEGINNING TO FEEL FULL.
- 7 = COMFORTABLY FULL AND SATISFIED.

OVERLY
FULL

- 8 = SLIGHTLY PAST FULLNESS.
- 9 = VERY FULL. FEELS UNCOMFORTABLE.
- 10 = PAINFULLY FULL. VERY UNCOMFORTABLE.