Physical Hunger Scale

*adapted from Cookie Rosenblum, weight loss coach (realweightlossrealwomen.com)

–10 Starved

–8 Extreme hunger

–6 Serious hunger

–4 Strong hunger

–2 Slight hunger

0 Neutral: not full, not hungry

+2 Comfortable, satisfied

+4 Ate a little too much

+6 Uncomfortable, sluggish

+8 Stuffed, stomach may hurt

+10 In pain

The goal is to eat at –2 and stop at +2, from a little hungry, to comfortably satisfied.

Day/Time	Hunger Level & Notes About Physical Sensations	Last Time/Food Eaten