



# Honor Your Hunger & Feel Your Fullness

- 1 Painfully hungry; AKA primal hunger
- 2 Ravenously hungry; this is the poin of feeling irritable
- 3 Very hungry; looking forward to a meal
- 4 Slightly hungry; hunger is awakening; ready for snack
- 5 Feeling neutrality; neither hungry or full
- 6 Hunger is subsiding; haven't eaten adequately yet
- 7 Comfortably full
- 8 Slightly full
- 9 Uncomfortably full
- 10 Painfully full; maybe feeling nausea or stomach pains

## Signs of Physical Hunger

### Stomach

Growling

Gurgling

Emptiness

### General Body

Shakiness

Fatigue

Faintness

### Head

Lightheadedness

Headache

Dizziness