This is a rough guideline to introduce you to the Hunger/Satiety Scale. Use these descriptions to discuss hunger and satiety with your body. It could look like a graph. If you do this frequently, especially if you discuss it with another person, you will become more familiar with your eating pattern. Each time you eat, you will become more familiar with your eating pattern. To use the scale, rate your hunger level before you eat and again after you eat. Rate your comfort level. If you are very uncomfortable, rate your hunger level. If you are very comfortable, rate your hunger level. The graph represents your body.

- **0:** Starving and Beyond
- **1:** Very hungry
- **2:** Hungry
- **3:** I can eat
- **4:** Slightly hungry
- **5:** Neutral. Not hungry, not full.
- **6:** Not hungry, but I can definitely eat more.
- **7:** Hungry, but I can wait 3 to 4 hours before getting hungry again.
- **8:** Hungry, but I can wait a few hours before getting hungry again.
- **9:** Not hungry, but I can definitely eat.
- **10:** Not hungry, not full. Thankful.

Here are the descriptions for each level:

- **Starving and Beyond:** You are so hungry you want to order everything on the menu.
- **Very Hungry:** You are so hungry you want to look good. You may be very preoccupied with your hunger.
- **Hungry:** You are hungry and the urge to eat is strong. You may be very preoccupied with your hunger.
- **I Can Eat:** You are hungry, but you know you will be getting hungry soon.
- **Slightly Hungry:** You are hungry, but you can wait to eat. You may not know you will be getting hungry again.
- **Neutral:** Not hungry, not full. You can eat, but you don't really feel hungry.
- **Not Hungry, But I Can Definitely Eat More:** You are not hungry, but you can definitely eat more.
- **Not Hungry, But I Can Wait For 3 to 4 Hours Before Getting Hungry Again:** You are not hungry, but you can wait a few hours before getting hungry again.
- **Not Hungry, But I Can Wait 3 to 4 Hours Before Getting Hungry Again:** You are not hungry, but you can definitely eat.
- **Not Hungry, But I Can Wait:** You are not hungry, but you can wait.
- **Not Hungry, But I Can Wait A Few Hours Before Getting Hungry Again:** You are not hungry, but you can definitely eat more.
- **Not Hungry:** You are not hungry, not full.
- **Thankful:** Thankful.
- **Not Hungry, But I Can Definitely Eat:** You are not hungry, but you can definitely eat.
- **Not Hungry:** You are not hungry, not full.
- **Neutral:** Not hungry, not full.
- **Not Hungry, But I Can Definitely Eat More:** You are not hungry, but you can definitely eat more.
- **Not Hungry, But I Can Wait:** You are not hungry, but you can wait.
- **Not Hungry:** You are not hungry, not full.
- **Thankful:** Thankful.
- **Not Hungry, But I Can Definitely Eat:** You are not hungry, but you can definitely eat.
- **Not Hungry:** You are not hungry, not full.
- **Thankful:** Thankful.
- **Not Hungry, But I Can Definitely Eat:** You are not hungry, but you can definitely eat.
- **Not Hungry:** You are not hungry, not full.
- **Thankful:** Thankful.
- **Not Hungry, But I Can Definitely Eat:** You are not hungry, but you can definitely eat.
- **Not Hungry:** You are not hungry, not full.
- **Thankful:** Thankful.
- **Not Hungry, But I Can Definitely Eat:** You are not hungry, but you can definitely eat.
- **Not Hungry:** You are not hungry, not full.
- **Thankful:** Thankful.
- **Not Hungry, But I Can Definitely Eat:** You are not hungry, but you can definitely eat.
- **Not Hungry:** You are not hungry, not full.
- **Thankful:** Thankful.
- **Not Hungry, But I Can Definitely Eat:** You are not hungry, but you can definitely eat.
- **Not Hungry:** You are not hungry, not full.
- **Thankful:** Thankful.
- **Not Hungry, But I Can Definitely Eat:** You are not hungry, but you can definitely eat.
- **Not Hungry:** You are not hungry, not full.
- **Thankful:** Thankful.
- **Not Hungry, But I Can Definitely Eat:** You are not hungry, but you can definitely eat.
- **Not Hungry:** You are not hungry, not full.
- **Thankful:** Thankful.
- **Not Hungry, But I Can Definitely Eat:** You are not hungry, but you can definitely eat.
- **Not Hungry:** You are not hungry, not full.
- **Thankful:** Thankful.
- **Not Hungry, But I Can Definitely Eat:** You are not hungry, but you can definitely eat.
- **Not Hungry:** You are not hungry, not full.
- **Thankful:** Thankful.
- **Not Hungry, But I Can Definitely Eat:** You are not hungry, but you can definitely eat.
- **Not Hungry:** You are not hungry, not full.
- **Thankful:** Thankful.
- **Not Hungry, But I Can Definitely Eat:** You are not hungry, but you can definitely eat.
- **Not Hungry:** You are not hungry, not full.
- **Thankful:** Thankful.
- **Not Hungry, But I Can Definitely Eat:** You are not hungry, but you can definite