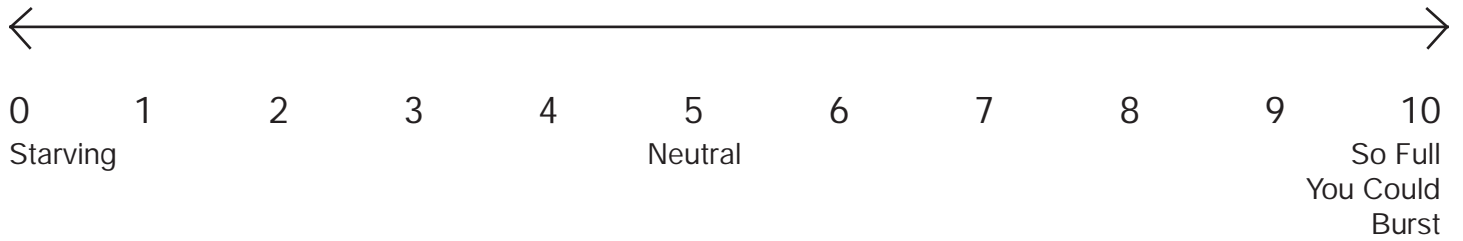


The Hunger Scale



0= Starving

1= Empty

2= Ravenous

3= Hungry

4= Pangs of hunger

5= NEUTRAL

6= Satisfied

7= Full

8= Stuffed

9= Uncomfortably stuffed

10= Sick to your stomach

Food Journal

Date _____, Time _____

Hunger rating	Rating time
_____	Before the meal
_____	Halfway through the meal
_____	After the meal
_____	20 minutes after the meal

Notes:

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_____	Halfway through the meal
_____	After the meal
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