HOW IT FELT · PRINTABLE

The hunger–fullness scale

A way to describe where your body is. Not a rule, not a target.

1–2	**Painfully empty** Light-headed, irritable, hard to think.
3–4	**Hungry** Stomach signals are clear; you'd reach for food now.
5–6	**Comfortably neutral or just satisfied** Food is fine, not urgent.
7–8	**Full** The plate's been enough; another bite would be a choice, not a need.
9–10	**Past full** Tight, sluggish, regret-adjacent.

Before you eat — where am I, roughly?

Halfway through — has it moved?

Afterwards — notice the number without grading it.

Hunger–fullness, 1–10

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