

## Intuitive Eating Hunger Scale

0	Painfully Hungry - intense & urgent
1	Hangry & overdue, need food
2	Very hungry
3	Hungry stomach growling ready to eat
4	Feeling subtly hungry
5	Neutral, neither hungry nor full
6	Satisfied, beginning to feel full
7	Comfortably full, satisfied & content
8	A little too full, slightly unpleasant
9	Very full, stuffed and uncomfortable
10	Painfully full, feel sick

Julie Glynn, M.Ed., M.A.

Food Coach, Teacher & Intuitive Eating Counselor

[www.JulieGlynnCoaching.com](http://www.JulieGlynnCoaching.com)

603-252-1865