

SaziBox Health Hunger-Fullness Scale

Use this scale to check in with your body and become more aware of your hunger and fullness cues.

1. Starving

- Feeling weak, dizzy, or lightheaded
- Stomach is growling loudly
- Can't concentrate

2. Very Hungry

- Stomach is empty and growling
- Feeling irritable or low energy
- Can't wait to eat

3. Hungry

- Stomach is starting to feel empty
- Thoughts of food are present
- Ready to eat

4. Slightly Hungry

- Starting to feel a bit peckish
- Could eat something but not urgently

5. Neutral

- Neither hungry nor full
- Comfortable and satisfied

6. Slightly Full

- Stomach feels comfortably full
- Starting to feel satisfied

7. Comfortably Full

- No longer hungry
- Feeling content and satisfied

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8. Full

- Stomach feels full
- Might feel a little sluggish

9. Stuffed

- Uncomfortably full
- Feeling bloated or sluggish

10. Overly Full

- Extremely uncomfortable
- Stomach feels stretched and painful

Tips for Using the Scale:

- Check in with yourself throughout the day and rate your hunger level on the scale.
- Aim to start eating when you're at a 3 or 4 (hungry).
- Stop eating when you're at a 6 or 7 (comfortably full).
- Pay attention to your body's signals and honor them.

Remember:

- It takes time to reconnect with your hunger and fullness cues. Be patient and consistent with using the scale.
- This scale is a tool to help you become more mindful of your eating habits. It's not meant to be restrictive or create anxiety.
- Listen to your body and trust its signals.

Download your printable Hunger-Fullness Scale now and start your journey toward mindful eating!