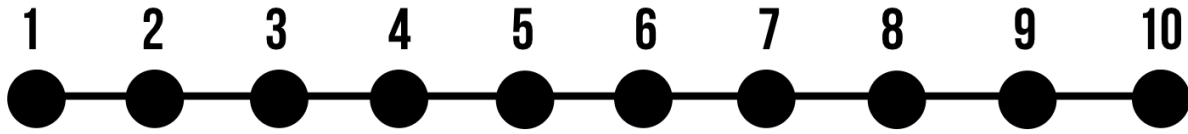


HUNGER DISCOVERY SCALE



1
Too hungry

2
Hungry

3
Neutral

4
Satisfied

5
Too Full

HUNGER LEVEL

TIME	FOOD	1	2	3	4	5	6	7	8	9	10

Adapted from the Hunger Discovery Scale found in the book Intuitive Eating by Elyse Resch and Evelyn Tribole



ALYSSA FONTAINE
DIETITIAN