

HUNGER & FULLNESS SCALE

- 1** Ravenously hungry. You may feel light-headed.
- 2** Uncomfortably hungry. You need to eat something now.
- 3** A little hungry. You could wait to eat if needed to.
- 4** Neutral. Not hungry or full.
- 5** Feel satisfied. Food is not needed.
- 6** Full. You don't need any more food.
- 7** Uncomfortably full. You ate too much.
- 8** Absolutely stuffed. Your pants feel tight, your stomach may hurt, and you feel sick at the idea of eating one more bite.

THE NUTRISTIC METHOD

Hunger and Fullness Worksheet

Use the hunger & fullness scale (1-8) to record your experience over a few days. Then complete the questions below.

Date & Time	Hunger Rating (before eating)	Fullness Rating (after eating)	Quality of Fullness (pleasant, unpleasant, or neutral)	Meal and Food Eaten
	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8		
	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8		
	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8		
	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8		
	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8		

Step 1: Review Your Hunger & Fullness Ratings

Look back over your recent meals.

Notice your numbers without judging them.

We are gathering information—not grading performance.

Reflect & Observe

1 Before You Ate...

Usually, how hungry were you?

Your usual number: _____

2 At the End of Meals...

When did you typically stop eating?

Your usual number: _____

Step 2: Look for Patterns

What trends do you notice?

For example:

- Do you often start meals at a 1 (very hungry)?
- Do you frequently finish at an 8 (overly full)?
- Do certain meals feel easier to stop at a 6 or 7?

Write what you observe:

Remember: patterns are neutral data.

Step 3: Examine Meals That Felt Different

Were there meals where:

- It took more food than usual to feel full?
- You stayed hungry even after eating?
- You felt overly full quickly?

What do you notice about those meals?

Did they include:

- ✓ Protein?
- ✓ Healthy fat?
- ✓ Fiber?
- ✓ Unbalanced?

Write your observations:

Why This Matters

If you consistently start meals too hungry (1),
it becomes much harder to stop at comfortable fullness.

If meals lack protein, fat, or fiber,
you may not feel satisfied—even if you've eaten enough.

Your body is not broken.

It responds to rhythm and structure.

Your Focus

- ✓ Aim to start eating around a 2–3
- ✓ Aim to stop around a 6–7
- ✓ Use balanced meals to support satisfaction

This is practice.

It will not be perfect.

But every check-in strengthens body awareness. And that is how trust is rebuilt.