

HUNGER & FULLNESS SCALE

1.	Starving & feeling weak & dizzy
2	Very hungry, low energy, hunger pangs
3	Pretty hungry, stomach growling a little
4	Starting to feel a little hungry
5	Satisfied, neither hungry or full
6	A little full, pleasantly full
7	Slightly full, a little uncomfortable
8	Feeling stuffed, heaviness in stomach
9	Very uncomfortable, stomach hurts
10	So full you feel sick

You don't want to wait until you reach a 1 or 2 before eating- a 3 or 4 on the hunger scale will help you honour your physical hunger best.

Then aim for a 5-6 on the fullness side.

The Christmas Day fullness of 9-10 will teach you what your body feels like when it is pushed to the limit