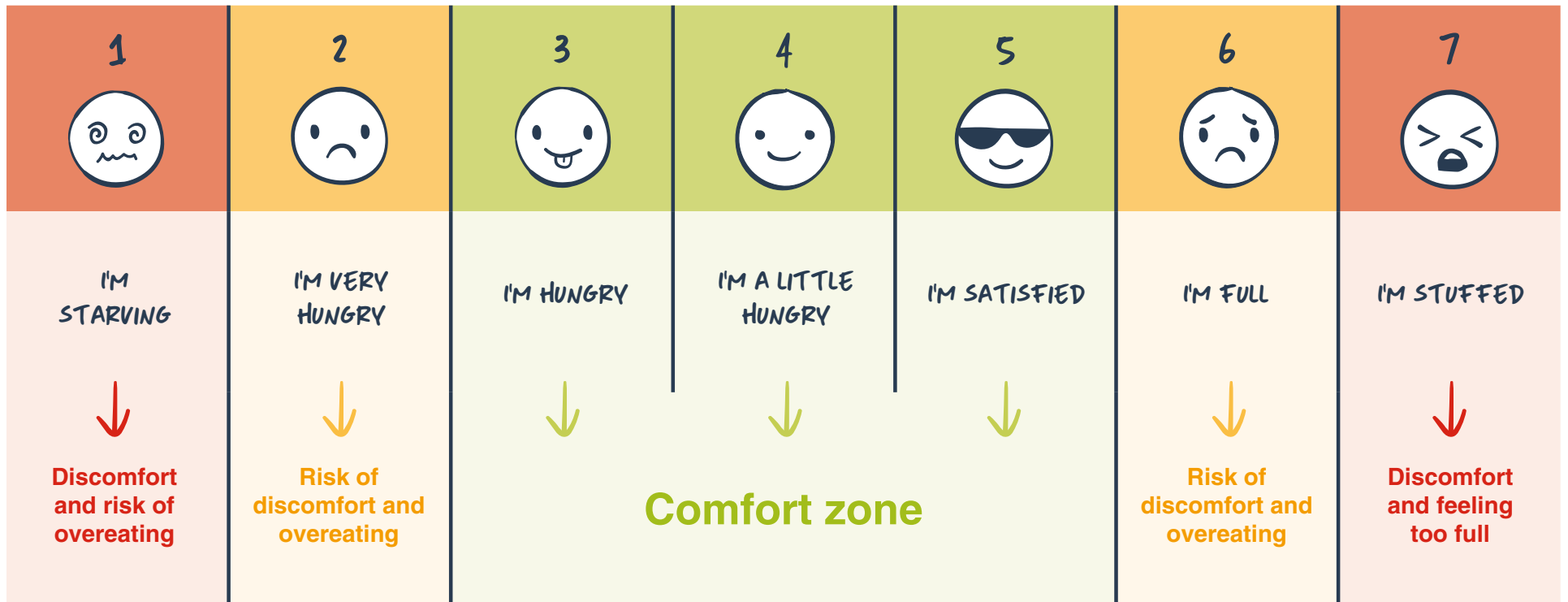


HUNGER AND SATIETY SCALE



Ideally, **aim for sensations between 3 and 5** to determine when to eat or stop eating, and **avoid the extreme sensations, 1 and 7.**

At first, you may find it difficult to associate your sensations of hunger and satiety with a number. With time, this will become easier and more natural.