

# 30 DAY PROTEIN CHALLENGE

## Basic Hunger/Satiety Scale

0	1	2	3	4	5	6	7	8	9	10
Starving and Beyond	You are so hungry you want to order everything on the menu	Everything on the menu begins to look good. You may be very preoccupied with your hunger.	You are hungry and the urge to eat is strong.	A little hungry. You can wait to eat, but you know you will be getting hungrier soon.	Neutral. Not hungry. Not full.	No longer hungry. You sense food in your belly, but you could definitely eat more.	Hunger is definitely gone. Stop here, and you may not feel hungry again for 3 to 4 hours.	Not uncomfortable, but definitely have eaten a belly full.	Moving into uncomfortable.	"Thanksgiving full." Very uncomfortable, maybe even painful.

This is a rough guideline to introduce you to the Hunger/Satiety Scale. Use these descriptions loosely; hunger and satiety are very subjective experiences. You can get additional support from a registered dietitian nutritionist.

To use this scale, rate your hunger level before you eat and again when you are finished eating. If you do this each time you eat, you will become more familiar with your eating patterns, especially if you discuss it with another person. Move away from using your head to decide your eating patterns and towards listening to your body.