

	Physical Sensations	Thoughts	Feelings
Beyond Hunger			
Hangry	Intense growling	I'm starving!	Grump, irritated, angry, frustrated
Really Hungry	Loss of focus, stomach rumbling	I should have eaten earlier.	Very distracted
The Sweet Spot			
Hungry	A little stomach emptiness, not urgent	I'm about ready to eat.	Distracted, ready to eat
Neutral	Not hungry		
Almost Enough	Hunger has subsided	I think I could be done. Maybe I will finish the last few bites.	Awareness
Enough	Not stuffed or bloated, could do yoga	I've had enough.	Satisfied
Beyond Enough			
Full	Heavy feeling in stomach	I should not have eaten the last few bites.	Disappointed
Really Full	Extremely uncomfortable	I need to lay down.	Shame, misery, disgust