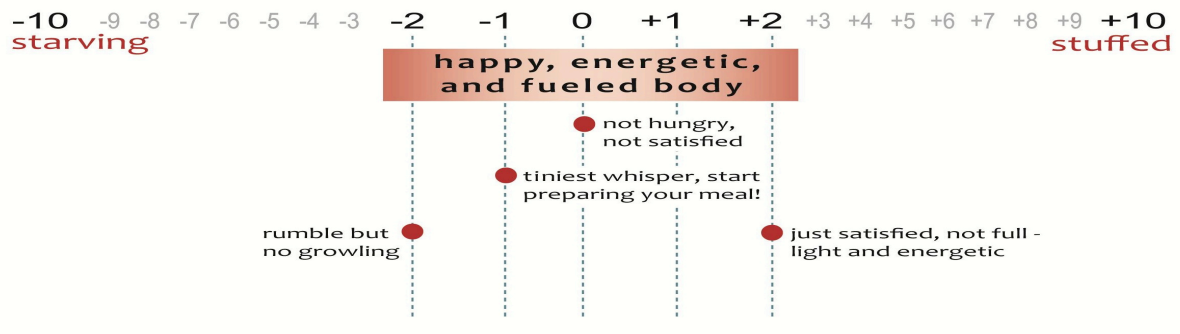




Physical Hunger Scale Worksheet



How Does your body feel at -2?

How does your body feel at +2?

How does your body feel at 0 or neutral?

How does your body feel at -4?

How does your body feel at +4?

When you are you most likely to overeat?