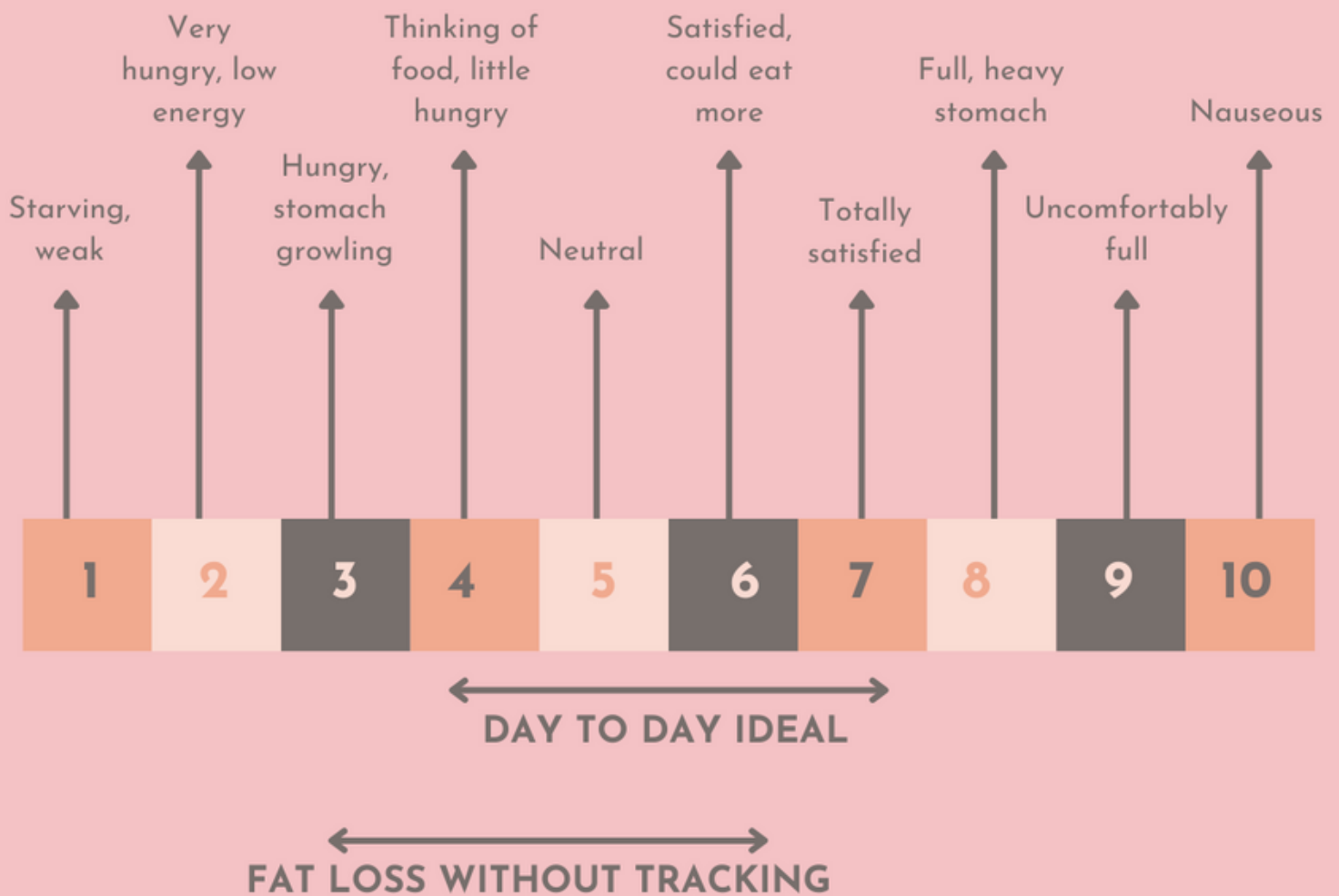


THE HUNGER SCALE



The Hunger Scale can be a really useful tool to support more mindful eating.

It can also be used to support fat loss both with and without tracking!

The Hunger Scale is a scale of 1-10, where 1 is starving, and 10 is absolutely stuffed.

For the every day sweet spot we want to be somewhere between 4 and 7, thinking of food and a little hungry to being totally satisfied.

This is ideal for someone who is not dieting!

When dieting, the scale is going to move a little to the left.

It's unlikely when dieting that you will be fully satisfied as putting yourself in a deficit means your body isn't getting everything it needs, so a little occasional hunger is going to be normal.

To support you to lose body fat, both with and without tracking calories, you want to aim for between 3 and 6 on the scale, hungry and stomach growling to being satisfied but you could eat more.

We want to avoid being any hungrier than this as this can lead to mindless eating and bingeing.

If you are trying to reduce episodes of bingeing then moving the scale slightly to the right may be appropriate.

Everyone's sweet spot will be slightly different but hopefully this will guide you!