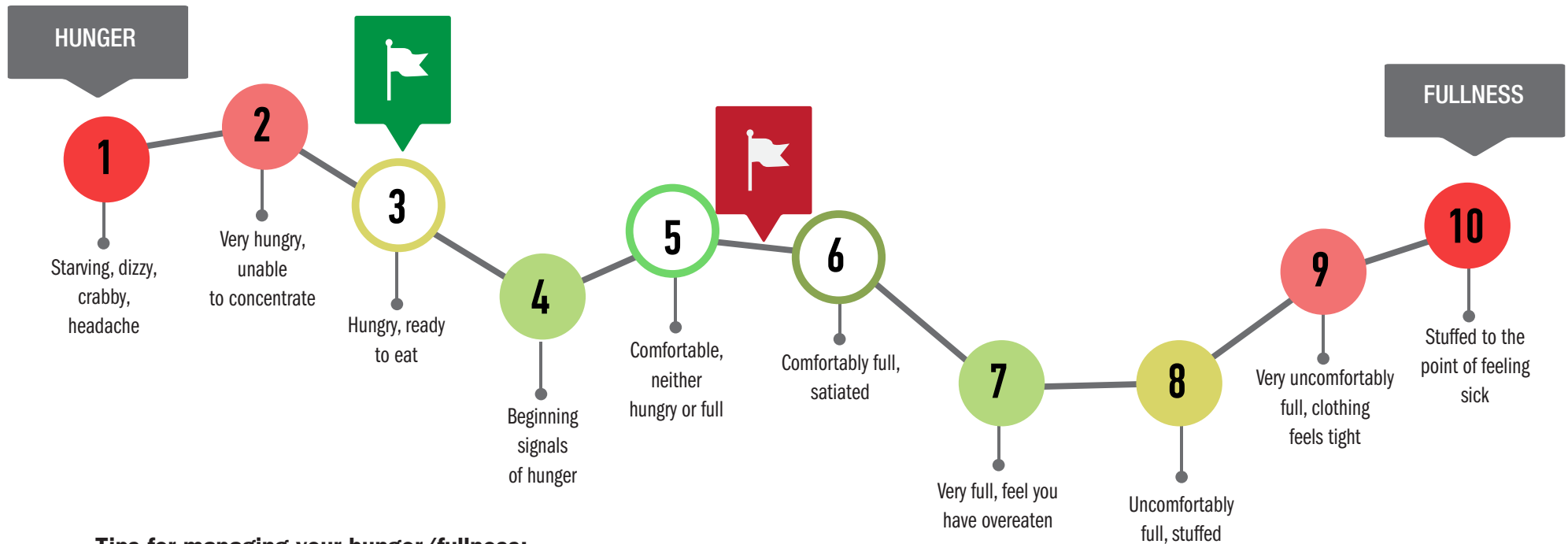


HUNGER FULLNESS SCALE



Tips for managing your hunger/fullness:

- Learn to eat when your body feels like a 3, as noted
- Learn to stop around a 5 or 6 as noted even if there is still food on your plate!