

BAILEY HUNGER SCALE

10. Stuffed: You are so full, you feel nauseous.

9. Very uncomfortably full: You need to loosen your clothes.

8. Uncomfortably full: You feel bloated.

7. Full: You feel a little bit uncomfortable.

6. Perfectly comfortable: You feel satisfied.

5. Comfortable: You're more or less satisfied, but you could eat a little more.

4. Slightly uncomfortable: You're just beginning to feel signs of hunger.

3. Uncomfortable: Your stomach is rumbling.

2. Very uncomfortable: You feel irritable and unable to concentrate.

1. Weak and light-headed: Your stomach is churning.



What Number are YOU?

7-8: If you're trying to gain weight.

5-6: If you're trying to maintain your weight.

4-5: If you're trying to lose weight.

2-3: Reserved for elite athletes in specific contest preparations.

