



The Hunger - Full Index

A Scale on the left side with 0 at bottom and 10 at top

10	}	Gluttonously Miserable
9		
8		Looser Clothing
7		Loosen clothing
6	}	Comfortably Full < 4 - 6 is where we wish to stay
5		
4		
3		Just Hungry
2		Very Hungry
1		Very very hungry
0		Starving - Ready to Binge