# HUNGER AND EXPERIENCE DIARY

| Date/Time | Food/Amount OR Activity | Hunger Level | Place | Observations |
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| HUNGER RATING SCALE | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| no hunger | barely hungry | mild hunger | | hungry, but comfortable | | | very hungry | | famished | starving |