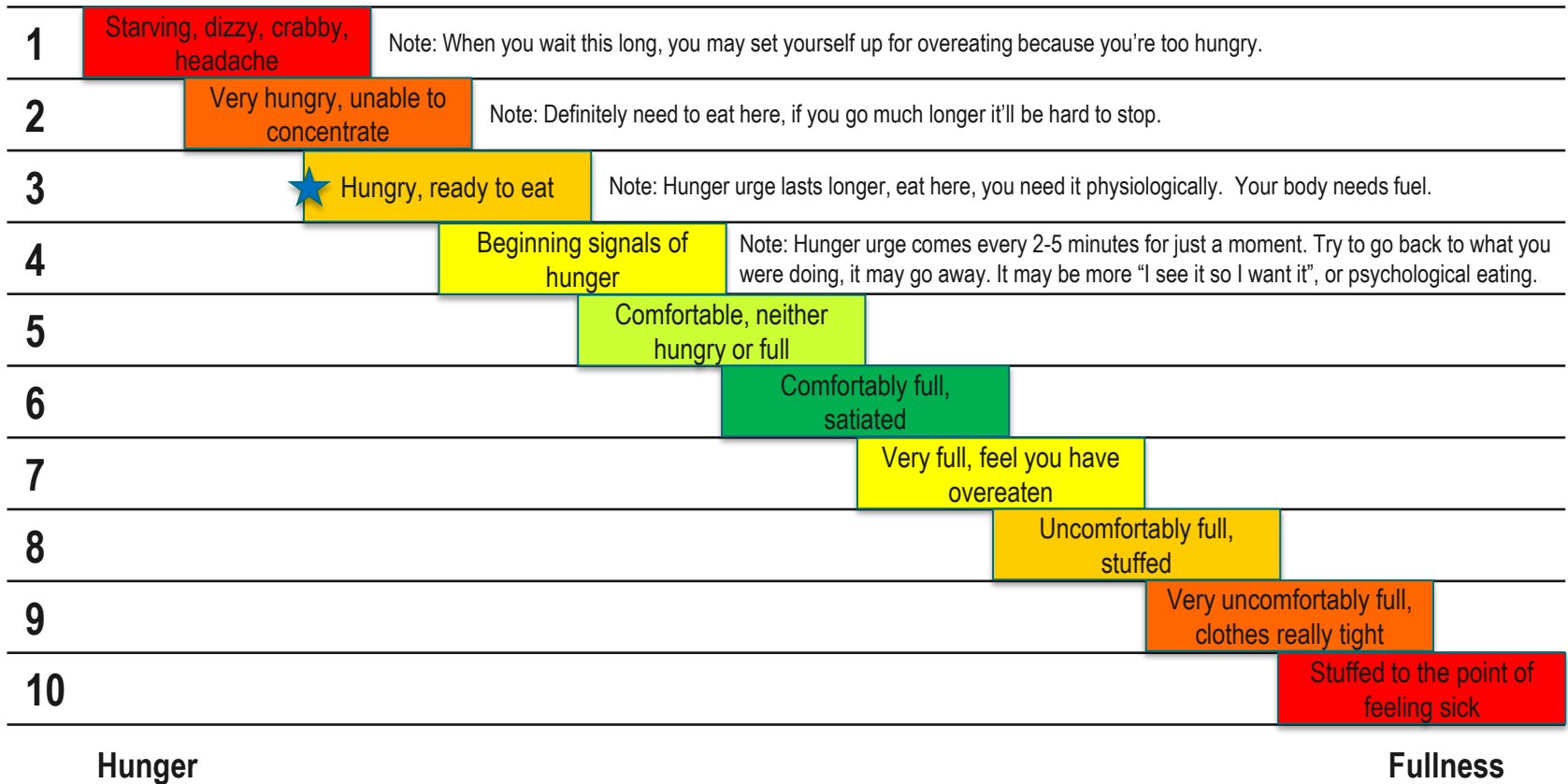


Hunger Scale



Tips for managing your hunger:

- Learn to eat when your body feels like a 3, as noted by ★
- Try to match your physiological hunger and stop eating around 5 or 6

