

RETROFIT — HUNGER GAUGE



EMPTY

Ravenous, extremely uncomfortable and void. Susceptible to irritability.



1/4 TANK

Comfortably hungry. Good time to eat.



1/2 FULL

Be mindful of your pace and sense of satiety.



3/4 TANK

Comfortably satisfied. Good time to stop eating.



FULL

Caution - Don't want to overflow your tank.