

PREVIEW
2s



PREVIEW
2s



CUE
2s

LOOK

PRESS
1

PREVIEW
2s



CUE
2s

LOOK

PRESS
1

PREPARE
2s

+

PREVIEW
2s



CUE
2s

LOOK

PRESS
1

PREPARE
2s

+

IMAGE
5s



PREVIEW
2s



CUE
2s

LOOK

PRESS
1

PREPARE
2s

+

IMAGE
5s



CRAVING RATING
2.5s

Desire to eat?

1 — 2 — 3 — 4

EFFORT RATING
2.5s

How hard?

1 — 2 — 3 — 4

PREVIEW
2s



CUE
2s

LOOK

PRESS
1

PREPARE
2s

+

IMAGE
5s



CRAVING RATING
2.5s

Desire to eat?

1 — 2 — 3 — 4

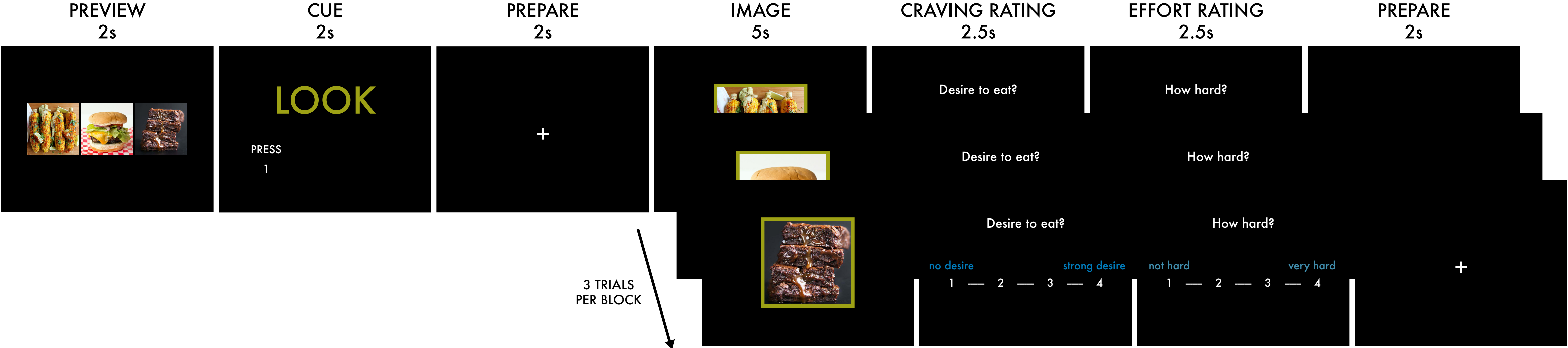
EFFORT RATING
2.5s

How hard?

1 — 2 — 3 — 4

PREPARE
2s

+



LOOK

PRESS

1

REGULATE

PRESS

2

CHOOSE

LOOK

1

REGULATE

2

Desire to eat?

no desire

strong desire

1

—

2

—

3

—

4

How hard?

not hard

very hard

1

—

2

—

3

—

4

LOOK

PRESS

1



Desire to eat?

no desire

strong desire

1

—

2

—

3

—

4

How hard?

not hard

very hard

1

—

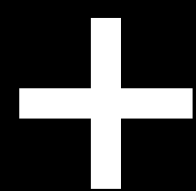
2

—

3

—

4



REGULATE

PRESS

2



Desire to eat?

no desire

strong desire

1

—

2

—

3

—

4

How hard?

not hard

very hard

1

—

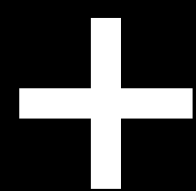
2

—

3

—

4



CHOOSE

LOOK

1

REGULATE

2



Desire to eat?

no desire

strong desire

1

—

2

—

3

—

4

How hard?

not hard

very hard

1

—

2

—

3

—

4