

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

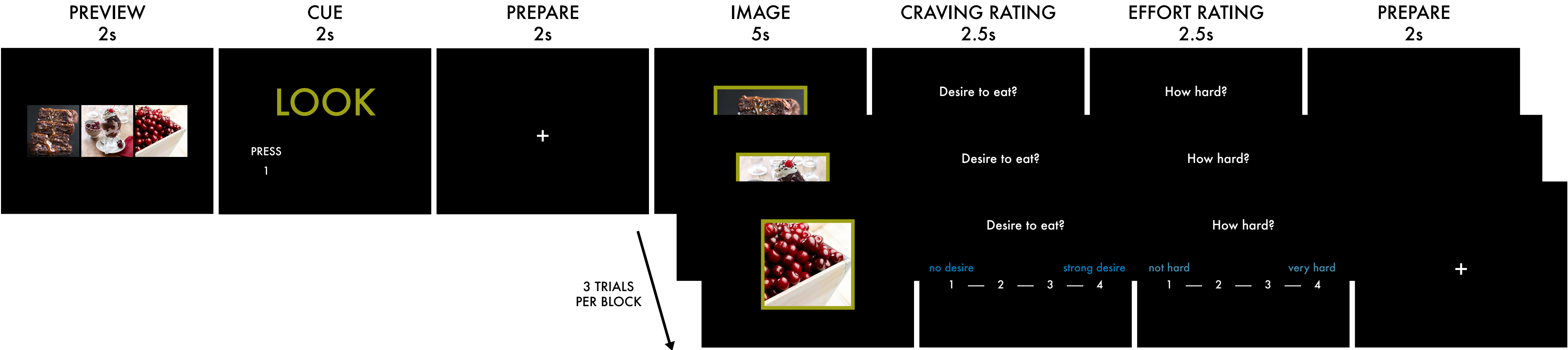
EFFORT RATING
2.5s

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

—

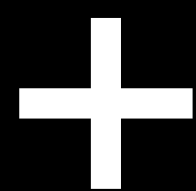
4



LOOK

PRESS

1





Desire to eat?

no desire

strong desire

1

—

2

—

3

—

4

How hard?

not hard

very hard

1

—

2

—

3

—

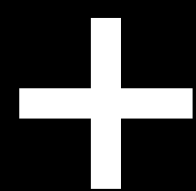
4



REGULATE

PRESS

2





Desire to eat?

no desire

strong desire

1

—

2

—

3

—

4

How hard?

not hard

very hard

1

—

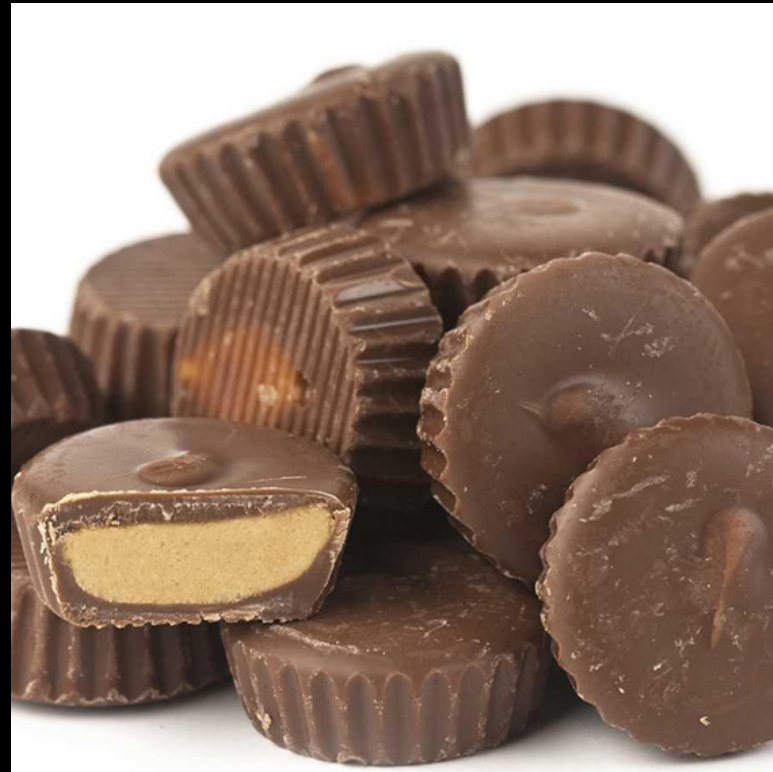
2

—

3

—

4



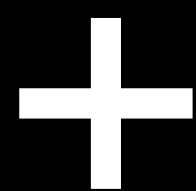
CHOOSE

LOOK

1

REGULATE

2





Desire to eat?

no desire

strong desire

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—

2

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How hard?

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3

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4