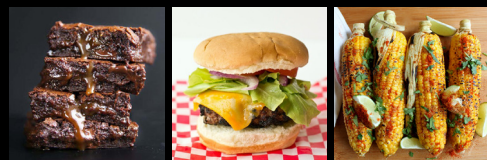


PREVIEW  
2s



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

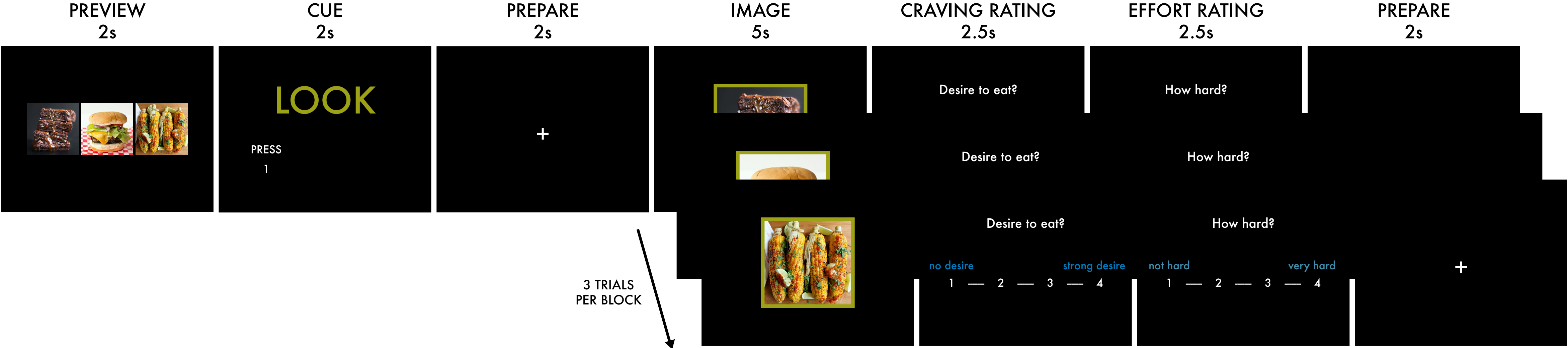
EFFORT RATING  
2.5s

How hard?

1 — 2 — 3 — 4

PREPARE  
2s

+



LOOK

PRESS

1



# REGULATE

PRESS

2

# CHOOSE

LOOK

1

REGULATE

2

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