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

PREPARE
1s

+

PREVIEW
2s

CUE
2s

LOOK

PRESS
1

PREPARE
2s

+

IMAGE
5s

PREPARE
1s

+

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

PREPARE
1s

+

CRAVING RATING
2.5s

Desire to eat?

1 — 2 — 3 — 4

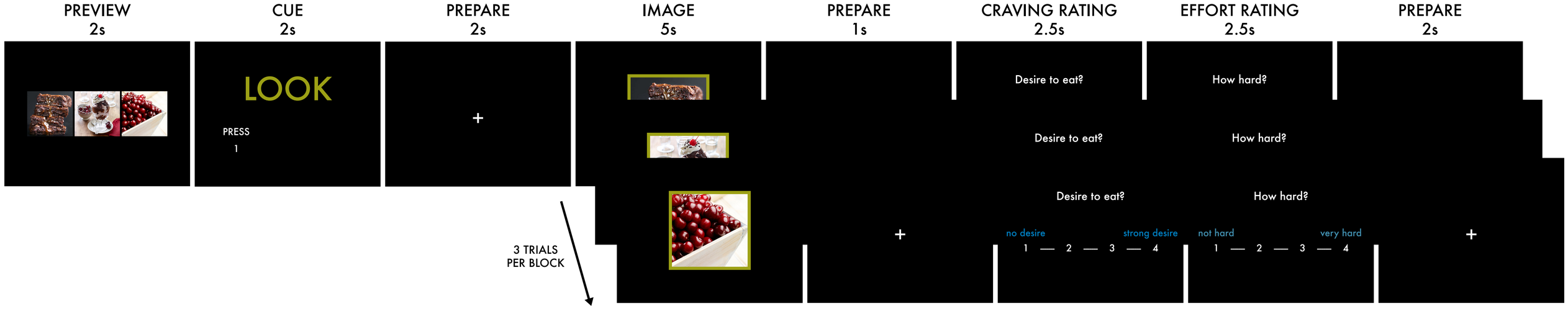
EFFORT RATING
2.5s

How hard?

1 — 2 — 3 — 4

PREPARE
2s

+


PREVIEW
2s
CUE
2s
LOOK
PRESS
1
PREPARE
2s
+
IMAGE
5s
3 TRIALS
PER BLOCK
PREPARE
1s
+
CRAVING RATING
2.5s
Desire to eat?
Desire to eat?
Desire to eat?
no desire
strong desire
1 — 2 — 3 — 4
EFFORT RATING
2.5s
How hard?
How hard?
How hard?
not hard
very 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

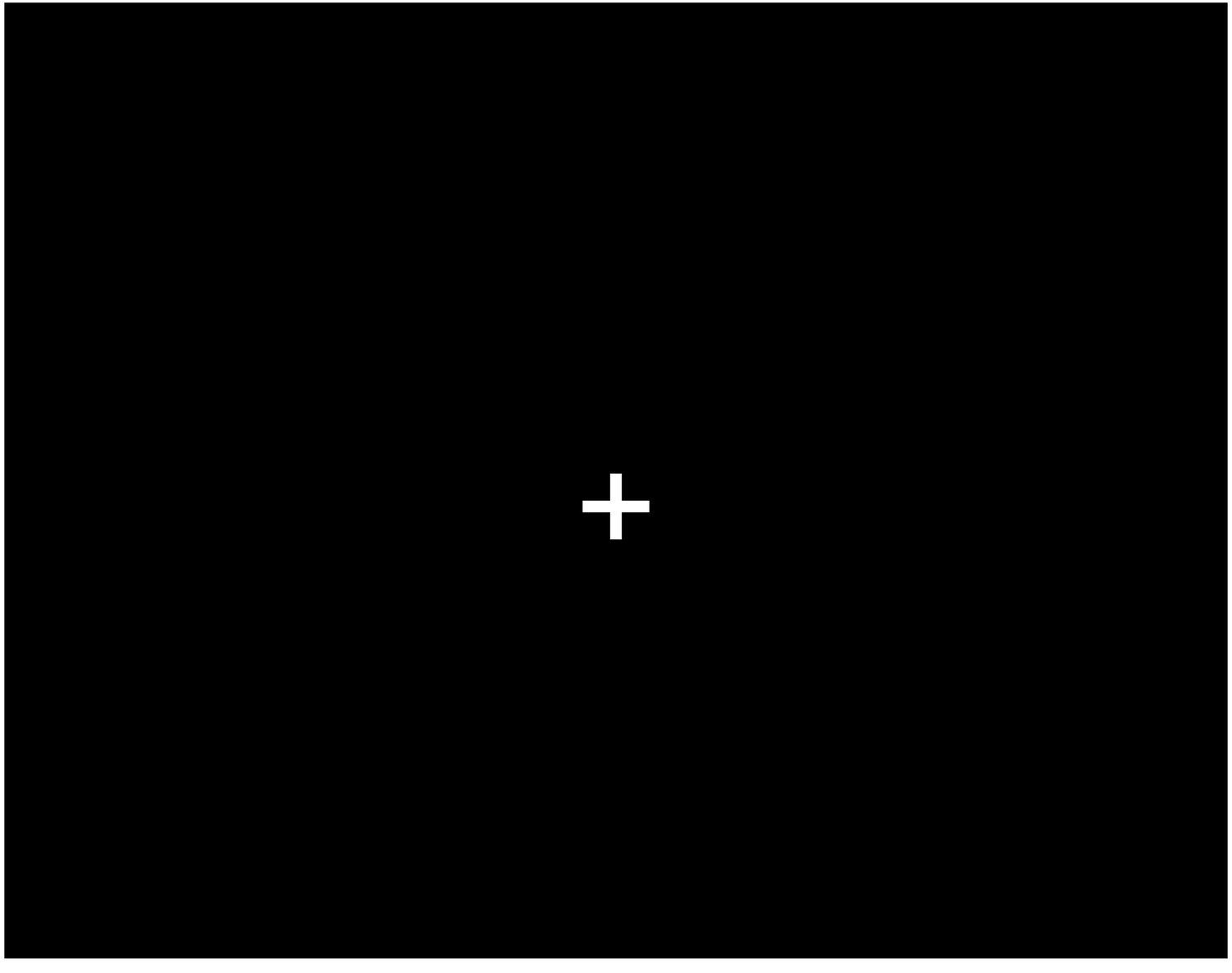
1 — 2 — 3 — 4

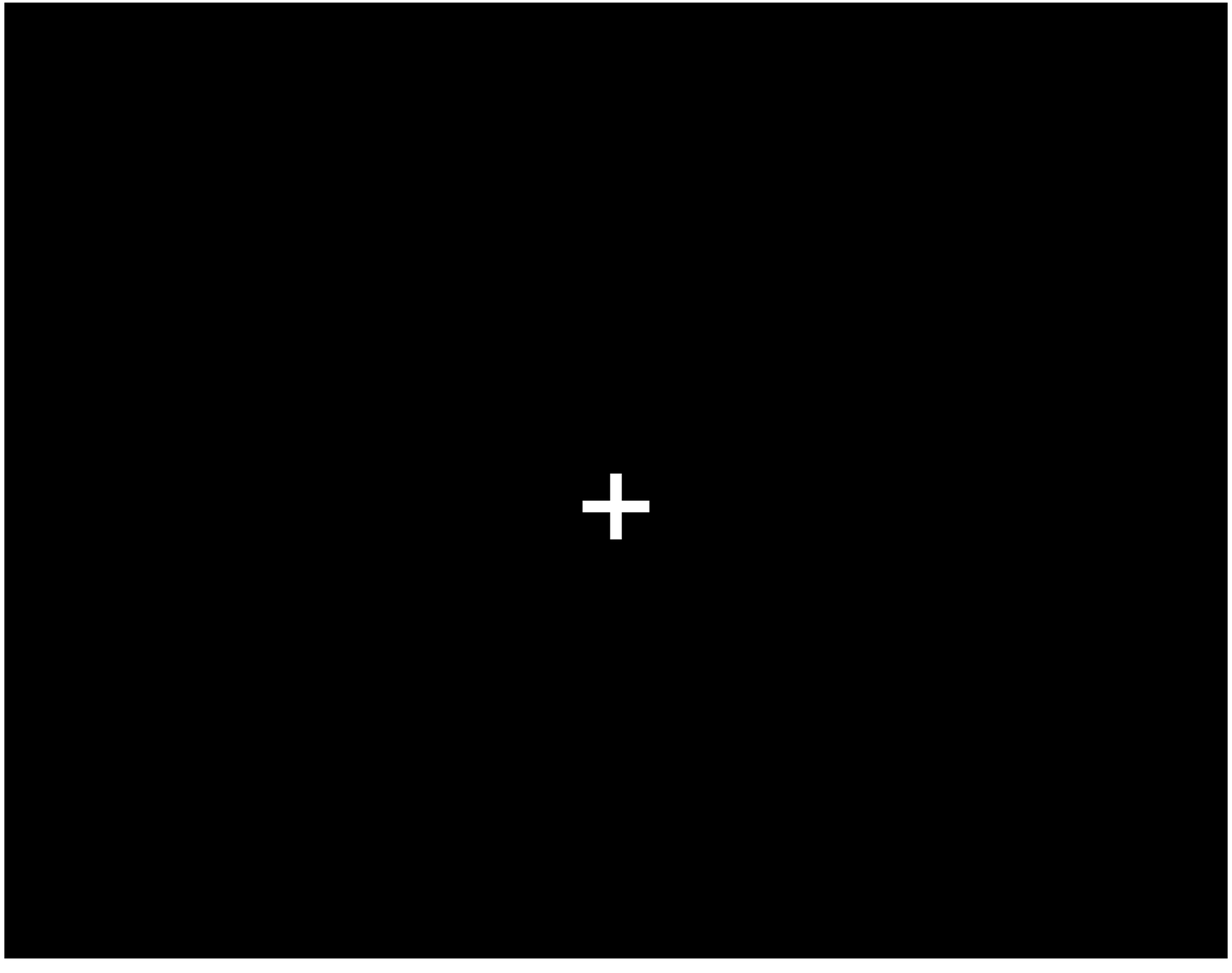
How hard?

not hard very hard

1 — 2 — 3 — 4

LOOK
PRESS
1





Desire to eat?

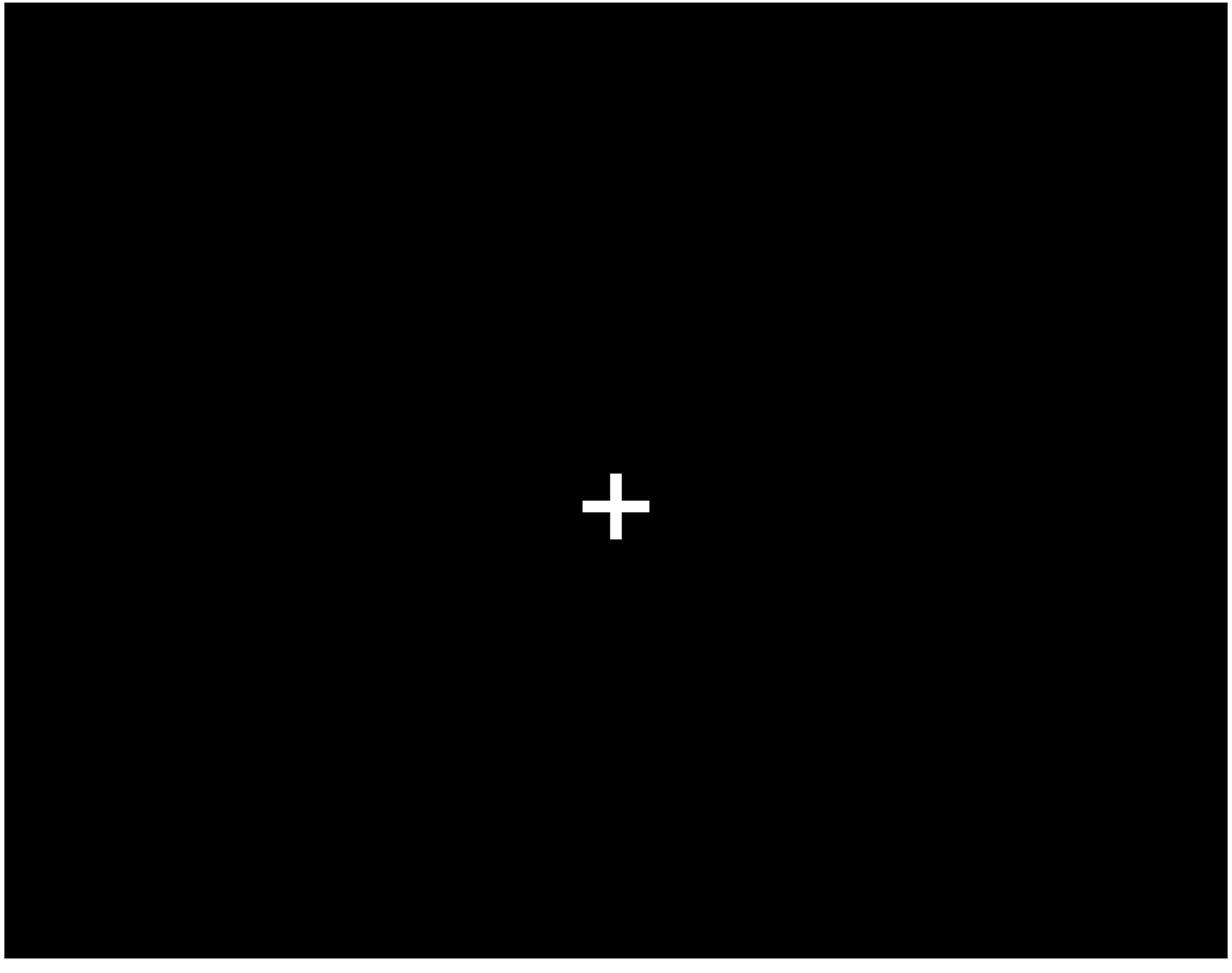
no desire — strong desire

1 — 2 — 3 — 4

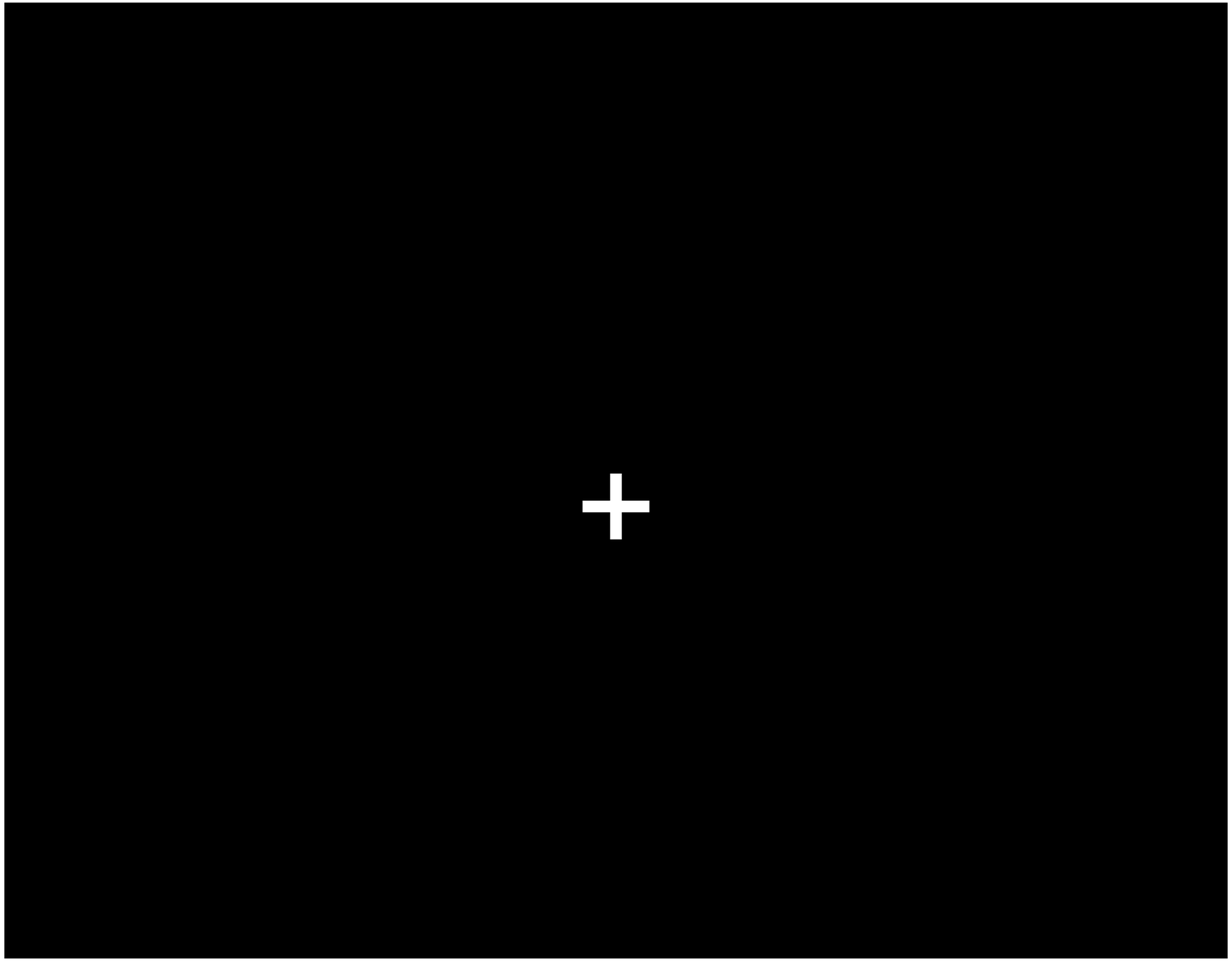
How hard?

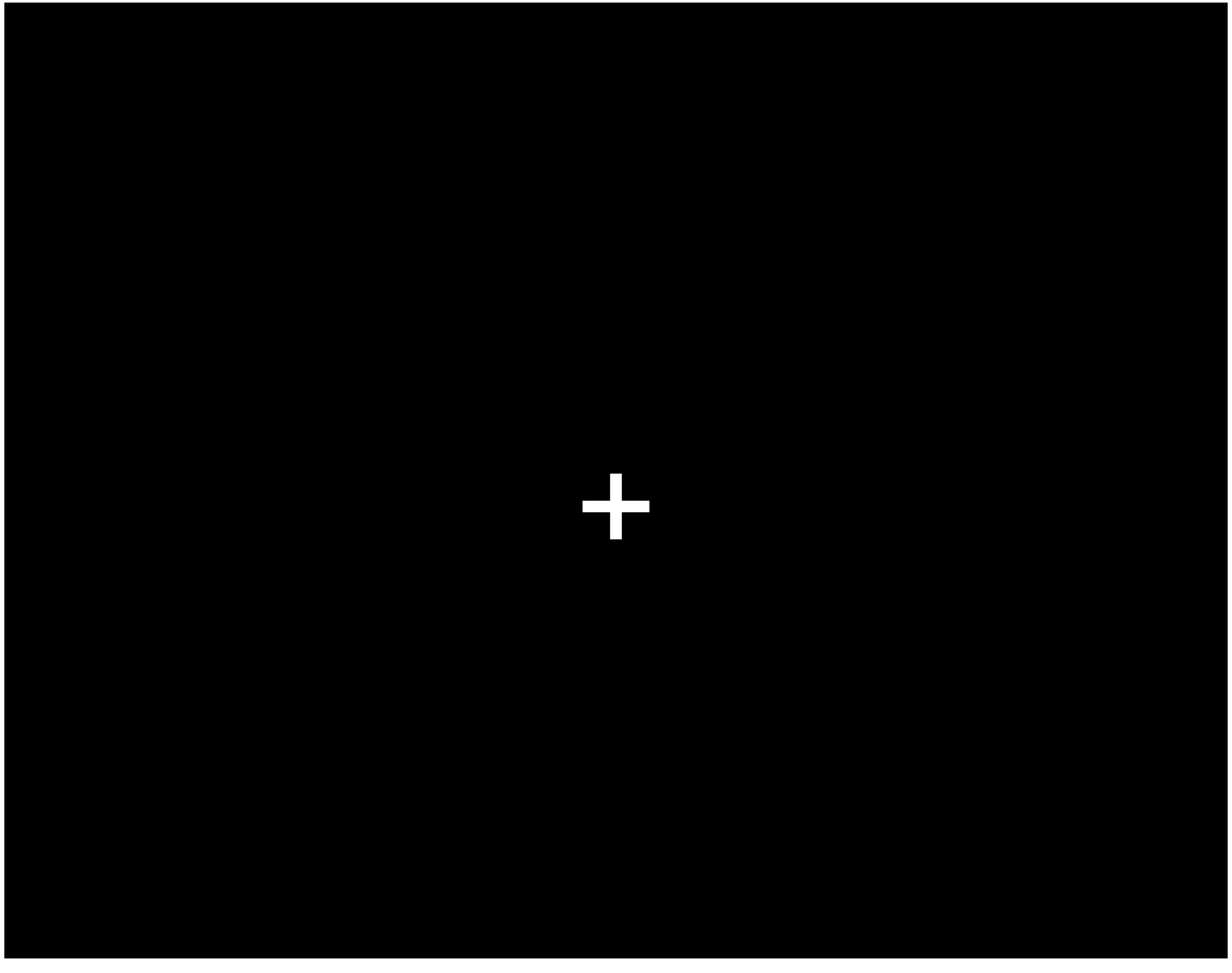
not hard very hard

1 — 2 — 3 — 4



REGULATE
PRESS
2





Desire to eat?

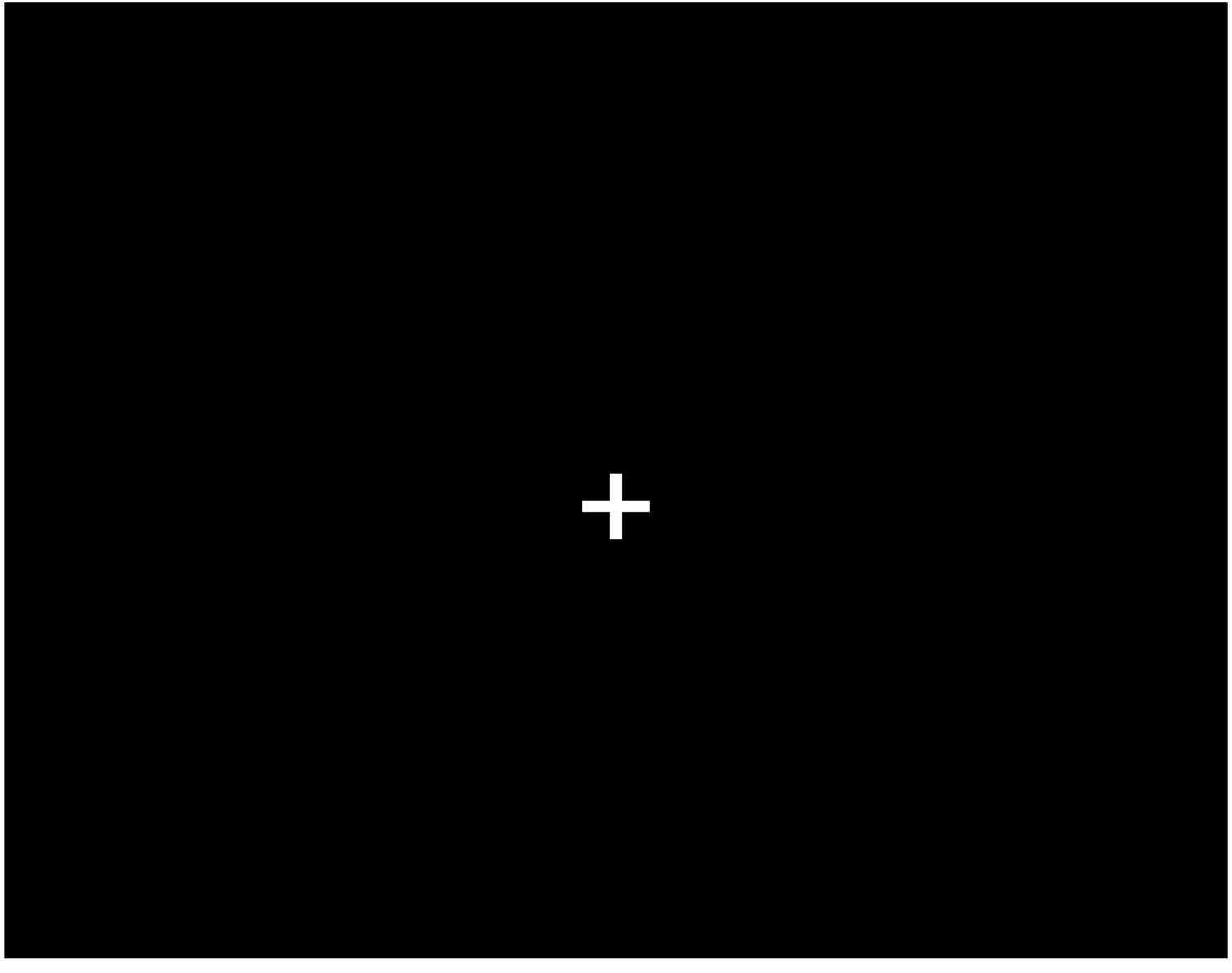
no desire — strong desire

1 — 2 — 3 — 4

How hard?

not hard very hard

1 — 2 — 3 — 4



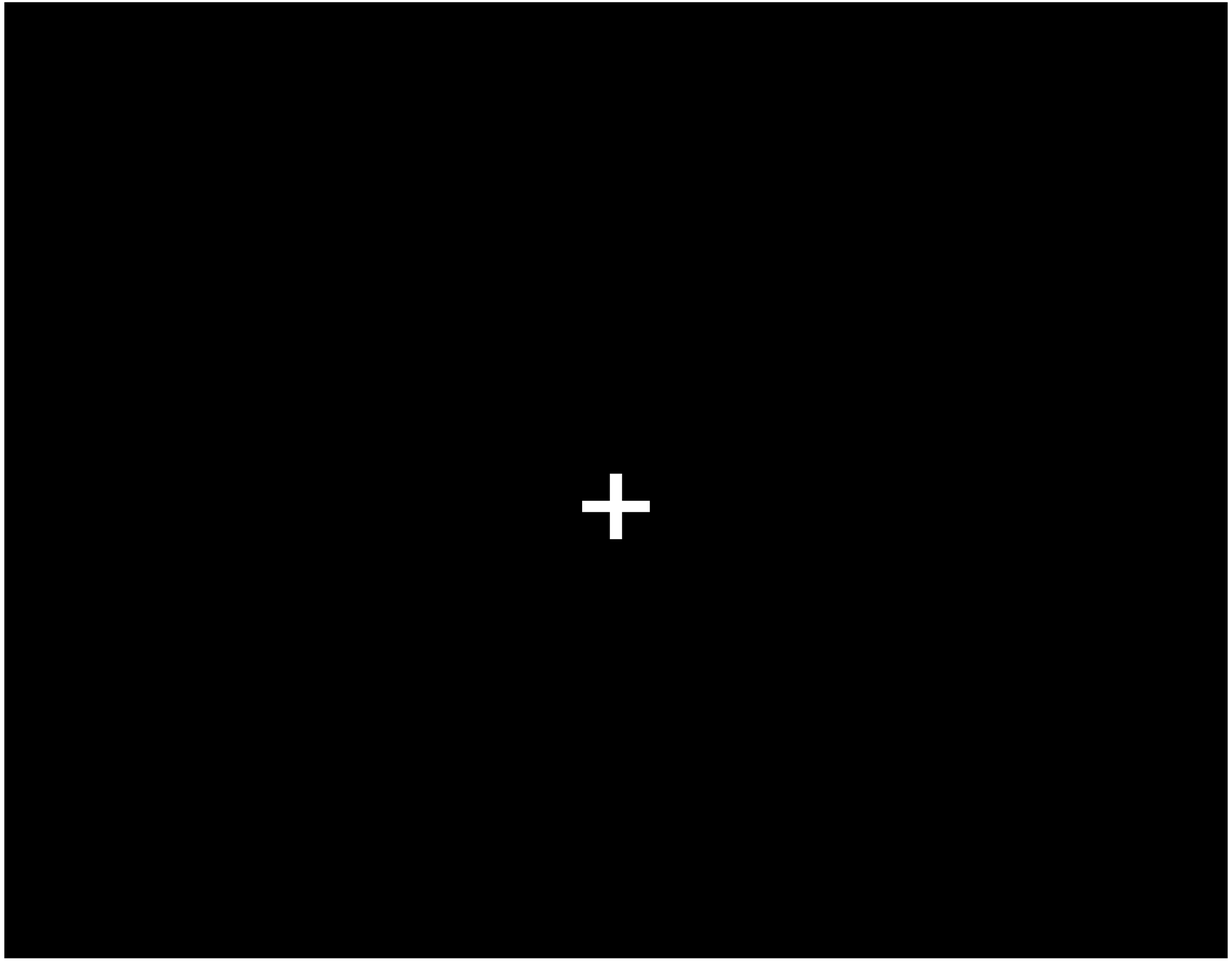
CHOOSE

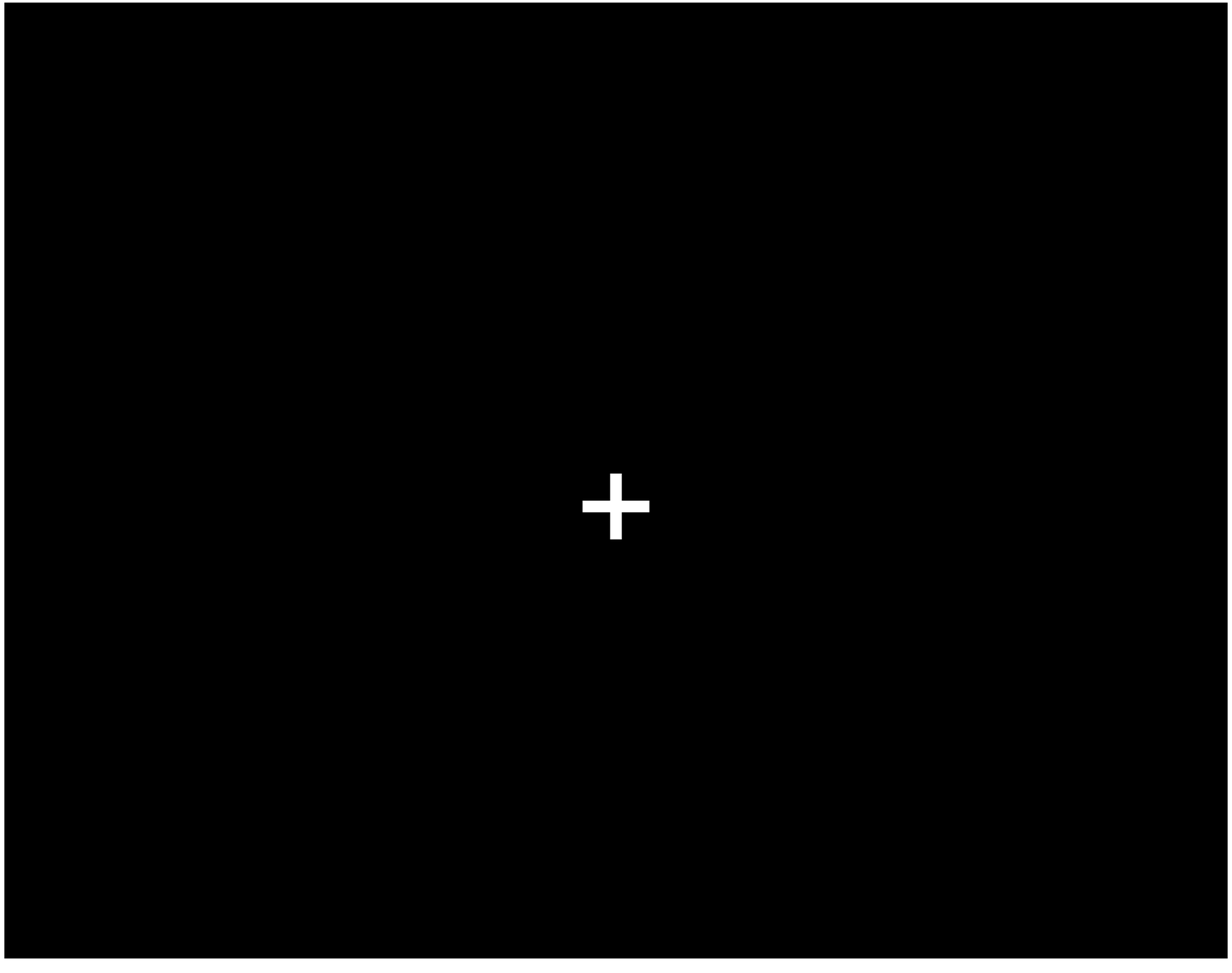
LOOK

1

REGULATE

2





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