

PREVIEW
2s



PREVIEW
2s

CUE
2s



LOOK

PRESS
1

PREVIEW
2s

CUE
2s

PREPARE
2s



LOOK

PRESS
1

+

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

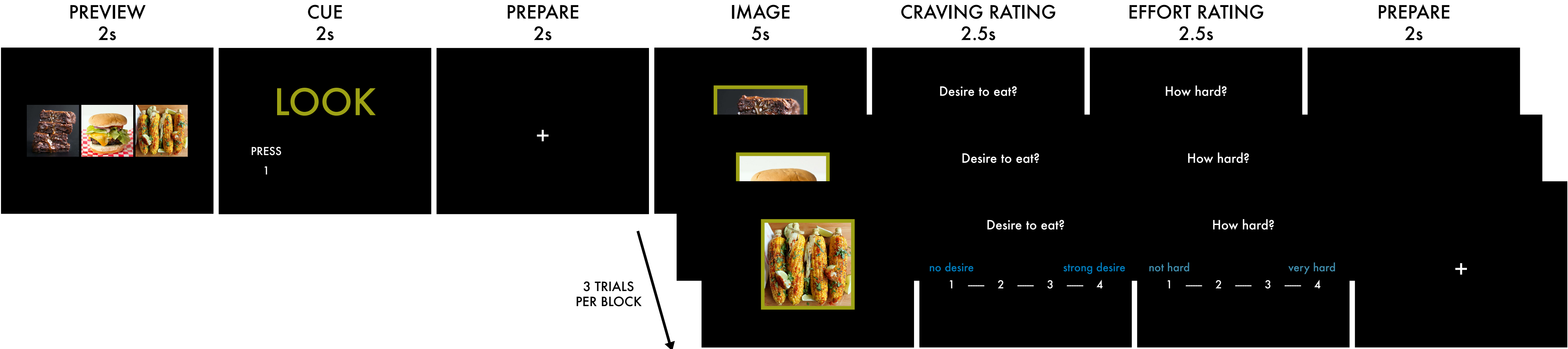
EFFORT RATING
2.5s

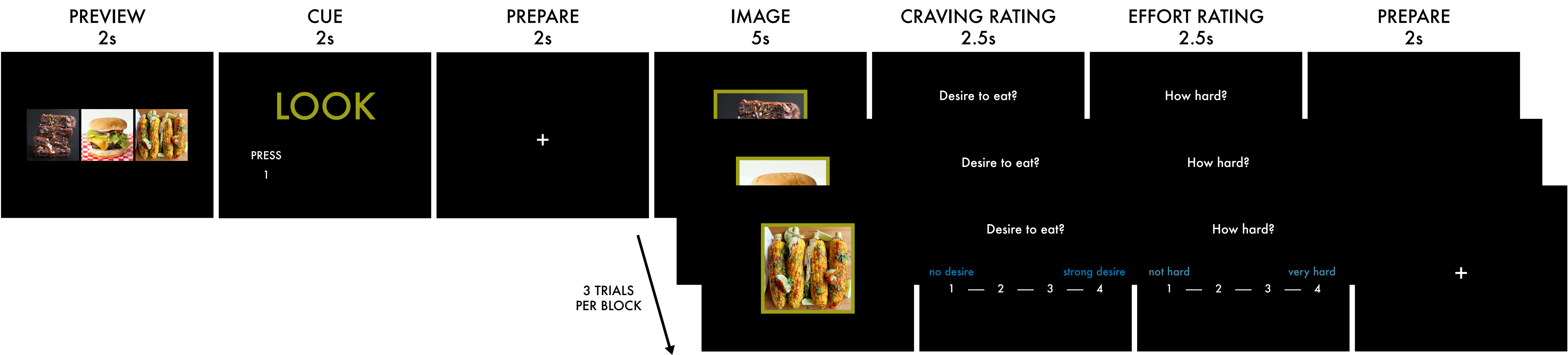
How hard?

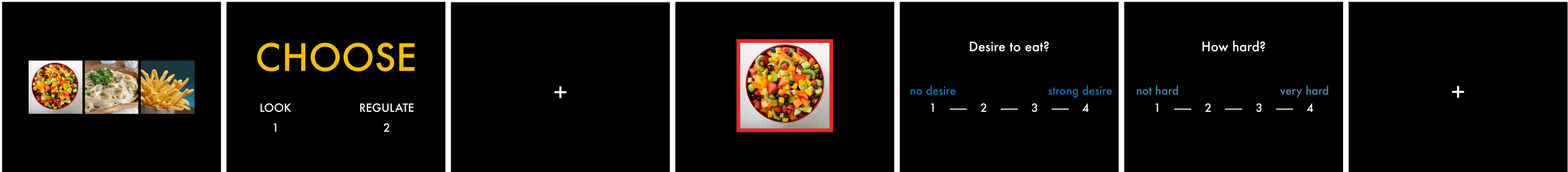
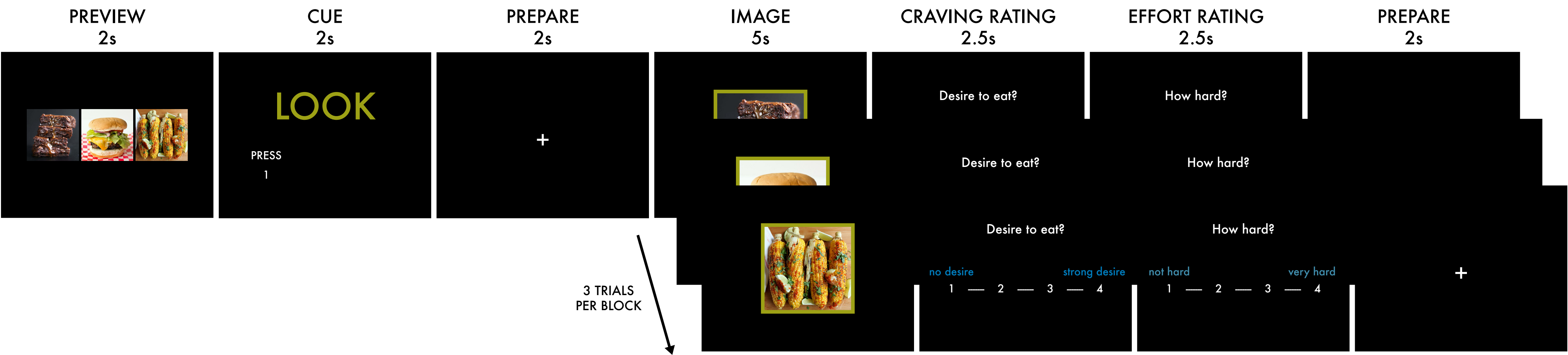
1 — 2 — 3 — 4

PREPARE
2s

+







LOOK

PRESS

1



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