# FOOD JOURNAL

TODAY'S GOAL AND/OR AFFIRMATION:

_____

_____

NAME: _____
DATE: _____
DAY: M T W Th F Sa Su

| TIME | FOOD AND QUANTITY | DP | B/MP | F/V | G | O | HUNGER SCALE 0 1 2 3 4 5 6 7 8 9 10 | MOOD, THOUGHTS, AND/OR FEELINGS |
|---|---|---|---|---|---|---|---|---|
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| | TOTALS | | | | | | | |
| | RECOMMENDED | | | | | | | |

DP = DAIRY PROTEIN
B/MP = BEAN/ MEAT PROTEN
G/V = GRAIN
O = OTHERS

0 = Empty
5 = Neutral
10 = Stuffed

Graph hunger level from start to end of meal

EXERCISE:

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