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
	TOTALS							
	RECOMMENDED							

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

0 = Empty
5 = Neutral
10 = Stuffed

Graph hunger level from start to end of meal

EXERCISE:

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