

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	MOOD, THOUGHTS AND/OR FEELINGS
						0 1 2 3 4 5 6 7 8 9 10	

EXERCISE:

Graph hunger level from start to end of meal

0 = Empty
5 = Neutral
10 = Stuffed

TOTALS	RECOMMENDED
DP = Dairy Protein	
B/MP = Bean / Meat Protein	
F/V = Fruit / Vegetable	
G = Grain	
O = Others	