

NAME: _____

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

FOOD JOURNAL III

TODAY'S GOAL AND/OR AFFIRMATION: _____

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

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

TOTALS
RECOMMENDED

0 = Empty
 5 = Neutral
 10 = Stuffed

Graph hunger level from start to end of meal

EXERCISE: