NAME: ____

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

FOOD JOURNAL II

TODAY'S GOAL AND/OR AFFIRMATION:

____

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

DP = Dairy Protein
B/MP = Bean / Meat Protein
F/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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