

FOOD DIARY

Date	Time	Hunger	Food / Beverage / Amount	Satiety	Feelings / Thoughts / Mood / Energy Level
			Breakfast		
			Snack		
			Lunch		
			Snack		
			Dinner		
			Snack		

Exercise
(Type / Length Of Time)

Water
(Number Of Glasses)

Starch
Meat
Vegetables
Fruits
Milks
Fats

- Hunger And Satiety Scale**
1. Starving
 2. Very Hungry
 3. Hungry, Ready For A Meal
 4. A Little Hungry, Snack Time
 5. Not Hungry, Not Full
 6. Satisfied, Like After A Snack
 7. A Little Full But Still Feels Good
 8. Pretty Full, 2 Bites Too Much
 9. Very Full, A Bit Uncomfortable
 10. Too Full, Need To Lay Down