

Food Diary

	Food Consumed (using as much detail as possible)	Calories	Hunger Scale 1 (starving) - 10 (stuffed)	Mood H = Hungry S = Stressed A = Angry B = Bored T = Tired
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Exercise				
Glasses of Water				
Notes				