

# Food Diary

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