

Name: _____

Team Name: _____



Developed by Dina Corrao, 2009
Modified by Paul Fuldauer, 2010

Daily Food Journal

Mail to Melissa Smith, +6301 Campus Mail
when complete

Date_____

Time_____Breakfast_____

Time_____Lunch_____

Time_____Dinner_____

Time_____Snacks_____

Fruit servings_____

Vegetable servings_____

Hours watching T.V._____

*For each meal and/or snack, rate your hunger on a scale of 1-10, with 1 being starving, 5 being neutral and 10 being stuffed.

*For each meal and/or snack record your emotion.

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Tools to success:

1. Don't skip meals
2. Eat breakfast
3. Record food/beverage intake in
Daily Food Journal everyday
4. Pay attention to hunger and satiety
Cues and emotions
5. Eat a variety of foods from all food
groups; do not restrict
6. You need some fat
7. You need Carbs

Helpful Links to Nutrition

American Dietetic Association:
www.eatright.org

Web MD:
<http://www.webmd.com/>

**National Heart, Lung & Blood
Institute:**
<http://www.nhlbi.nih.gov/>

**National Weight Control
Registry: <http://www.nwcr.ws/>**