## **FOOD JOURNAL**

TODAY'S GOAL AND/OR AFFIRMATION:

NAME:							
DATE:							
DAY:	M	Т	W	Th	F	Sa	Su

TIME	FOOD AND QUANTITY	DP	В/МР	F/V	G	0	HUNGER SC		MOOD, T	HOUGHTS, AND/OR FEELINGS
							0 1 2 3 4 5 6 7	8 9 10		
DP = DAIRY B/MP = BE G/V = GRA	AN/ MEAT PROTEN IN RECOMMENDED						0 = Empty 5 = Neutral 10 = Stuffed	Graph hunge start to end o	r level from of meal	EXERCISE:

© 1993 Karin Kratina MA, RD/ Reflective Image, Inc., Publishers 1993. Used with permission.