Food diary

Date _____ Weight _____

Time	What I ate and drank	Amount	kcal	Hunger
	Breakfast			
	Lunch			
	Dinner			
	Snacks			
	Total			

Water, one circle per glass ◯ ◯ ◯ ◯ ◯ ◯ ◯ ◯

Hunger before eating: 1 not hungry, 3 ready to eat, 5 starving

Notes: sleep, mood, how the day went