Food diary

Week of _____ Weight _____

Day	Breakfast	Lunch	Dinner	Snacks	kcal	Water
Monday	__/5	__/5	__/5	__/5		○○○○ ○○○○
Tuesday	__/5	__/5	__/5	__/5		○○○○ ○○○○
Wednesday	__/5	__/5	__/5	__/5		○○○○ ○○○○
Thursday	__/5	__/5	__/5	__/5		○○○○ ○○○○
Friday	__/5	__/5	__/5	__/5		○○○○ ○○○○
Saturday	__/5	__/5	__/5	__/5		○○○○ ○○○○
Sunday	__/5	__/5	__/5	__/5		○○○○ ○○○○

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

Notes: sleep, mood, how the day went