

Food Diary

	When (date, time)	Food (prep, quantity)	Hunger Level (0-5)	Situation (place, activity)	Comments (emotional, physical, mood symptoms)
Pre Breakfast					
Breakfast					
AM Snack(s)					
Lunch					
PM Snack(s)					
Dinner					
Evening Snack(s)					
Other (Gum, Alcohol, Candy)					