

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_ DAY: M T W Th F Sa Su

## FOOD JOURNAL II

TODAY'S GOAL AND/OR AFFIRMATION: \_\_\_\_\_

TIME	FOOD AND QUANTITY	DP	B/ MP	F/ V	G	O	HUNGER SCALE											SELF-TALK, MOOD, AND/OR FEELINGS
							0	1	2	3	4	5	6	7	8	9	10	
							0	1	2	3	4	5	6	7	8	9	10	
							0	1	2	3	4	5	6	7	8	9	10	
							0	1	2	3	4	5	6	7	8	9	10	
							0	1	2	3	4	5	6	7	8	9	10	
							0	1	2	3	4	5	6	7	8	9	10	
							0	1	2	3	4	5	6	7	8	9	10	
							0	1	2	3	4	5	6	7	8	9	10	
							0	1	2	3	4	5	6	7	8	9	10	
							0	1	2	3	4	5	6	7	8	9	10	
							0	1	2	3	4	5	6	7	8	9	10	
							0	1	2	3	4	5	6	7	8	9	10	
							0	1	2	3	4	5	6	7	8	9	10	
							0	1	2	3	4	5	6	7	8	9	10	
							0	1	2	3	4	5	6	7	8	9	10	
							0	1	2	3	4	5	6	7	8	9	10	
							0	1	2	3	4	5	6	7	8	9	10	

**DP = Dairy Protein**  
**B/MP = Bean / Meat Protein**  
**F/V = Fruit / Vegetable**  
**G = Grain**  
**O = Others**

**TOTALS**  
**RECOMMENDED**


0 = Empty  
 5 = Neutral  
 10 = Stuffed

Graph hunger level from start to end of meal

EXERCISE: