DAILY FOOD JOURNAL

Make copies of this sheet and use to track foods you choose to eat; to rate your hunger, fullness, and satisfaction; and to note any physical symptoms, thoughts, or emotions that arise

Time	Hunger Scale	Food Eaten	Fullness Scale	Satisfaction	Notes thoughts / emotions / symptoms
	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	

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