

DAILY FOOD DIARY

Make your food journal part of your daily routine. It is important to make sure that you do not alter your eating habits while recording throughout the day. Be realistic about what and how much or (how little) you are eating to best evaluate where changes are needed.

Meal Time	Foods Eaten Cooking methods/beverages	Portion (cup, tsp, etc)	Hunger level 0-5	Location/Emotional State	Exercise
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					