



**Daily Food Log**

**Day:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Meal #1**

| Time | Description | Amount | Brand | Mood/Situation | Feedback |
|------|-------------|--------|-------|----------------|----------|
|      |             |        |       |                |          |
|      |             |        |       |                |          |
|      |             |        |       |                |          |

**Hunger Index:      Before Meal   1   2   3   4                      Fullness Index                      After Meal   1   2   3   4**

**Meal #2**

| Time | Description | Amount | Brand | Mood/Situation | Feedback |
|------|-------------|--------|-------|----------------|----------|
|      |             |        |       |                |          |
|      |             |        |       |                |          |
|      |             |        |       |                |          |

**Hunger Index:      Before Meal   1   2   3   4                      Fullness Index                      After Meal   1   2   3   4**

**Meal #3**

| Time | Description | Amount | Brand | Mood/Situation | Feedback |
|------|-------------|--------|-------|----------------|----------|
|      |             |        |       |                |          |
|      |             |        |       |                |          |
|      |             |        |       |                |          |

**Hunger Index:      Before Meal   1   2   3   4                      Fullness Index                      After Meal   1   2   3   4**

**Snacks**

**Time:** \_\_\_\_\_ **Amount:** \_\_\_\_\_ **Description:** \_\_\_\_\_ **Brand:** \_\_\_\_\_

**Time:** \_\_\_\_\_ **Amount:** \_\_\_\_\_ **Description:** \_\_\_\_\_ **Brand:** \_\_\_\_\_

**Time:** \_\_\_\_\_ **Amount:** \_\_\_\_\_ **Description:** \_\_\_\_\_ **Brand:** \_\_\_\_\_