

Food Record Day 1

Name: _____ Date: _____ Day: _____

Time	Food / Exercise / Energy	Amount	Starting / Ending Hunger / Fullness Levels		Emotions, Comments, Observations
Totals / Averages / Summaries					

Hunger & Fullness Levels:

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7
 very hungry hungry lightly hungry not hungry lightly full comfortably full very full

Food Record Day 2

Name: _____ Date: _____ Day: _____

Time	Food / Exercise / Energy	Amount	Starting / Ending Hunger / Fullness Levels		Emotions, Comments, Observations
Totals / Averages / Summaries					

Hunger & Fullness Levels:

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7

very hungry hungry lightly hungry not hungry lightly full comfortably full very full

Food Record Day 3

Name: _____ Date: _____ Day: _____

Time	Food / Exercise / Energy	Amount	Starting / Ending Hunger / Fullness Levels		Emotions, Comments, Observations
Totals / Averages / Summaries					

Hunger & Fullness Levels:

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7

very hungry hungry lightly hungry not hungry lightly full comfortably full very full