

FOOD DIARY

One day per page · write it down while you remember it



Date _____ Day _____ Goal for today _____

BREAKFAST

FOOD	PORTION	CAL	PROTEIN

LUNCH

FOOD	PORTION	CAL	PROTEIN

DINNER

FOOD	PORTION	CAL	PROTEIN

SNACKS & DRINKS

FOOD	PORTION	CAL	PROTEIN

WATER



Fill one circle for each glass (8 oz)

I ate most when I felt: hungry / bored / stressed / social

HUNGER & MOOD

Hungriest today: 1 2 3 4 5 6 7 8 9 10

How did you feel – energy, cravings, anything worth remembering?

