## Daily Food Diary

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