Daily Food Diary - Date:_____

Time	Food or Drink	Serving Size	Hunger Level (1=starving, 5=full)	Mood	Alone or with others	Where

Drank Water ☐☐☐☐☐☐☐☐

Multi-Vitamin ☐

Exercise_____

Looking for new & healthy menu ideas?

Search from 10,000 recipes at dLife.com/recipes.