Advance

Fitness

Food Journal

1	2	3	4	5	6	7	8	9	10
Hunger Pains		Moderate Hunger				Content	Full	Overfed	

Try to eat when your hunger is at about a 3-4 and stop when you are at a 7. You can also record any reasons you ate other than hunger (bored, stressed, etc.) in the comments section.

Day: Date:

Time	Foods	Amount	Cals	Hunger Rating	Fullness Rating	Comments

Day: Date:

Time	Foods	Amount	Cals	Hunger Rating	Fullness Rating	Comments