Advance

Fitness

Food Journal

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1	2	3	4	5	6	7	8	6	10		
Hunger Pains		Moderate		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:						Day:						
Time	Foods	Amount	Cals	Hunger Rating	Fullness	Comments	Time	Foods	Amount	Cals	Hunger Rating	Fullness	Comments
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