

Daily Food Diary - Date: \_\_\_\_\_



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

Drank Water            
Multi-Vitamin   
Exercise \_\_\_\_\_

*Looking for new & healthy menu ideas?  
Search from 10,000 recipes at [dLife.com/recipes](https://dLife.com/recipes).*