



## Daily Food and Activity Diary



Record all foods and beverages, amount eaten, hunger level and mood or feelings

Hunger Level:

0= full 1= comfortable 2= slight 3= moderate 4= significant 5= famished

### Breakfast/morning snack

Food	Amount	Hunger level	Mood/Feelings

### Lunch/Afternoon snack

Food	Amount	Hunger level	Mood/Feelings

### Dinner

Food	Amount	Hunger level	Mood/Feelings

**DAILY GOALS: Diet**

**Exercise:**