

Name: Elinor
 Date: 11/24/2004
 Day: M T W Th F Sa Su

FOOD JOURNAL

Today's goal and/or affirmation:
Eat when hungry and quit when satisfied

FOOD JOURNAL - SAMPLE

Use the food journal below to focus on your body's sensations of hunger, satisfaction, and fullness. The samples already filled in on the back will help give you an idea of how to complete your own.

Time	Food and Quantity	DP	B/MP	F/V	G	O	Hunger Scale											Mood Thoughts and/or Feelings		
							0	1	2	3	4	5	6	7	8	9	10			
8:00 AM	1 cup cereal 1 cup skim milk 1 glass orange juice		1			2														This filled me up. Was really paying attention and feel staisified.
11:00	1 apple and 6 cracckers			1	1															Not very hungry, but lunch is late
1:30	1 large bean burrito		1	1	2															Feeling rushed, ate this on the run. Not happy about having to rush
2:00	2 mint candies					1														Just wanted something sweet. This is nt emotional even though I am eating whn not hungrr
6:00	square pc of lasagna (v 2 cups salad w/ 11 1 dinner roll caneloupe 4 cookies	1	1	1	2															
8:00																				Thinking about food but at 7 I know I am not hungry
9:30	1 pcc of cake & glass c	1				1														Not at all hungry. Denimtery emotional eating. I know I won't gain weight if I wait to eat when I am hungry, so that's okay. I just need to deal with this stress!
							Totals													
							Recommended													

DP=Dairy Protein
 B/MP=Bean/Meat Protein
 G=Grain
 O=Others

0=Empty 5=Neutral 10=Stuffed
 Graph hunger level from start to finish of your meal

Exercise: I didn't exercise, maybe a walk would've helped my stress level!