Daily Food Journal

Assess your hunger *before* and fullness *after* each meal/snack/beverage with 5 being the most and 1 being the least.

Example: 3 slices mushroom pizza = Hunger: 4, Fullness: 5, Note: uncomfortably full

Meal/Snack/Beverage	
	Hunger:
	Fullness:
	Notes:
	Hunger:
	Fullness:
	Notes:
	Hunger:
	Fullness:
	Notes:
	Hunger:
	Fullness:
	Notes:
	Hunger:
	Fullness:
	Notes: