YOUR DAILY FOOD JOURNAL

Nutrition is a big part of losing fat and staying healthy. The main point of a food journal is to get a snapshot of *everything* you are consuming on a daily basis to better understand your eating habits. In addition to *what* you are eating and drinking, how often you eat and the amount of food at each meal is very important information to begin to identify areas for improvement.

You should always keep track of the time of each meal or snack and how many glasses of water you drink each day. With the information captured in your food journal, recommendations can be made with regard to meal frequency (remember, smaller meals more often!), and it will also document what you are eating so you can see first-hand if you need to raise your protein or fat intake or lower the carbohydrates.

By rating yourself on a hunger scale from 1 (famished) to 5 (stuffed), and monitoring your mood just before you eat or drink as positive, neutral, or negative, you may begin to see some patterns which may help you identify where some of your habits and behaviors can be refined. Review your hunger levels to make sure you are eating because you are truly hungry and not just because it's meal time. Mood will give you insight into whether you allow your emotions to control your eating habits.

KEY	
Water Consumption	The number of 8oz. glasses of water you drink
Food	List what and how much you ate
Protein & Fat	Check off the box(es) if your meal or snack included a source of protein and/or good fat
Mood	+ = feeling good o = neutral - = lethargic, sad, or depressed
Hunger	1= 'Starving', dizzy, or wobbly 2= Hearty appetite 3= Satisfied 4= More than full 5= 'Thanksgiving day' full

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DATE:

WATER: 1 2 3 4 5 6 7 8
☐☐☐☐☐☐☐☐

TIME	FOOD	NUTRIENTS	HUNGER	MOOD
		☐ fat ☐ protein	○1 ○4 ○2 ○5 ○3	○ + ○ o ○ -
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ACTIVITIES & EXERCISE

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