



WORKING FOR A HEALTHIER TN



Weekly Food Journal

	Example	MONDAY	TUESDAY	WEDNESDAY
MEAL	<i>Toast with peanut butter Banana</i>			
	Hunger: 1 2 3 4 5 Fullness: 1 2 3 4 5	Hunger: Fullness:	Hunger: Fullness:	Hunger: Fullness:
MEAL	<i>Black beans & rice Sautéed vegetables Mango yogurt</i>			
	Hunger: 1 2 3 4 5 Fullness: 1 2 3 4 5	Hunger: Fullness:	Hunger: Fullness:	Hunger: Fullness:
MEAL	<i>Burger Fries</i>			
	Hunger: 1 2 3 4 5 Fullness: 1 2 3 4 5	Hunger: Fullness:	Hunger: Fullness:	Hunger: Fullness:
SNACK(S)	<i>Apple in the morning Popcorn in the afternoon</i>			
	Hunger: 1 2 3 4 5 Fullness: 1 2 3 4 5	Hunger: Fullness:	Hunger: Fullness:	Hunger: Fullness:
BEVERAGES	<i>Green tea Water Wine</i>			
	Hunger: 1 2 3 4 5 Fullness: 1 2 3 4 5	Hunger: Fullness:	Hunger: Fullness:	Hunger: Fullness:

Assess your hunger level BEFORE each meal/snack/beverage with 5 being the hungriest and 1 being the least.
Assess your fullness level AFTER each meal/snack/beverage with 5 being the fullest and 1 being the least.



Weekly Food Journal

	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL				
	Hunger:	Hunger:	Hunger:	Hunger:
MEAL	Fullness:	Fullness:	Fullness:	Fullness:
MEAL	Hunger:	Hunger:	Hunger:	Hunger:
	Fullness:	Fullness:	Fullness:	Fullness:
MEAL				
	Hunger:	Hunger:	Hunger:	Hunger:
SNACK(S)	Fullness:	Fullness:	Fullness:	Fullness:
BEVERAGES	Hunger:	Hunger:	Hunger:	Hunger:
	Fullness:	Fullness:	Fullness:	Fullness:

Assess your hunger level BEFORE each meal/snack/beverage with 5 being the hungriest and 1 being the least.
 Assess your fullness level AFTER each meal/snack/beverage with 5 being the fullest and 1 being the least.