

# Weekly Food Journal

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

# Weekly Food Journal

	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MEAL</b>				
	Hunger:	Hunger:	Hunger:	Hunger:
<b>MEAL</b>	Fullness:	Fullness:	Fullness:	Fullness:
<b>MEAL</b>	Hunger:	Hunger:	Hunger:	Hunger:
	Fullness:	Fullness:	Fullness:	Fullness:
<b>MEAL</b>				
	Hunger:	Hunger:	Hunger:	Hunger:
<b>SNACK(S)</b>	Fullness:	Fullness:	Fullness:	Fullness:
<b>SNACK(S)</b>	Hunger:	Hunger:	Hunger:	Hunger:
	Fullness:	Fullness:	Fullness:	Fullness:
<b>BEVERAGES</b>				
	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.