

FOOD DIARY FOR: _____ **DATE:** ____/____/____ **SUN MON TUES WED THURS FRI SAT**
(circle one)

TIME	AMOUNT	FOOD SELECTION	HUNGER LEVEL	MOOD	GI SYMPTOMS

Activity (10 minutes per circle) ○○○○○○○○○○
Water (8 oz per circle) ○○○○○○○○
Fiber (5 grams per circle) ○○○○○
Sleep (1 hour per circle – minimum 7) ○○○○○○○○○○

Multivitamin ○
Calcium ○○
Supplements ○○○
BMI _____
Waist Circumference _____

Photocopy these 2 pages for everyday use of this food diary. Food diaries often provide an area to document mood and level of hunger to help get a handle on the emotional attachment that drives our bad eating habits which can lead to obesity.