

Food Diary.....Name: _____ Started on: _____

Day 1

How did you sleep?

How many hours did you sleep?



Photo of meal

How did you feel eating? Pick one.



HAPPY SAD LOVED IT SURPRISED MEH! HUNGRY ANGRY

Photo of meal

How did you feel eating? Pick one.



HAPPY SAD LOVED IT SURPRISED MEH! HUNGRY ANGRY

Photo of meal

How did you feel eating? Pick one.



Photo of meal

How did you feel eating? Pick one.



Photo of meal

How did you feel eating? Pick one.



Photo of meal

How did you feel eating? Pick one.

