

# Food Journal: Day One

*Please record your food intake for 2 days and bring to your appointment. Do not change how or the amount that you eat for the diary! You will not be judged by your eating habits, therefore accuracy is important. Please document as you eat and include times.*

Day of the week: \_\_\_\_\_

Name: \_\_\_\_\_

Z number: \_\_\_\_\_

	Pre-Eating	During Eating		
WHEN	Hunger (0= starving; 10=not hungry)	What and How Much? (Try to estimate amounts; include beverages)	Where? (Home, car, in front of TV, restaurant, etc.)	How do you feel? Please list any triggers such as lonely, sad, bored, etc.
Time:				
Time:				
Time:				
Time:				
Time:				
Time:				

Other times eaten include on the reverse side.

## Food Journal: Day Two

Day of the week: \_\_\_\_\_

Name: \_\_\_\_\_

Z number: \_\_\_\_\_

	<b>Pre-Eating</b>	<b>During Eating</b>		
WHEN	Hunger (0=starving; 10=not hungry)	What and How Much? (Try to estimate amounts; include beverages)	Where? (Home, car, in front of TV, restaurant, etc.)	How do you feel? Please list any triggers such as lonely, sad, bored, etc.
<b>Time:</b>				
<b>Time:</b>				
<b>Time:</b>				
<b>Time:</b>				
<b>Time:</b>				
<b>Time:</b>				
<b>Time:</b>				

Other times eaten include on the reverse side.