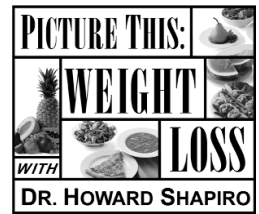


Food Diary

Use one week prior
to starting the program



Instructions

- * Be accurate. Record everything you eat or drink, with the exception of water, black coffee, or plain tea for three days.
- * Keep this sheet with you at all times and record immediately after eating any meal or snack. Delaying or postponing leads to errors.
- * Complete all columns.
- * No matter what you have eaten, or how much you have eaten, be sure to record it...every bite.

- TIME:** Record when you eat.
- FOOD:** Include food, how it was prepared, and the serving size by volume (e.g. cup), weight (e.g. 3 oz.) or number of pieces. (Example: sandwich is recorded as 1 roll with tuna salad, lettuce & tomato)
- HUNGER:** Degree of hunger before eating. (Note: 0 is no hunger and 4 is extreme hunger.)
- PEOPLE:** Record "alone" if alone or write the number of others and relationship (husband, friend, etc.)
- PLACE:** Note if home, then which room, or if out, then where.
- MOOD:** Your mood just before eating: Bored, Neutral, Tense, Content, Happy, Angry, Fatigued, Depressed.
- ACTIVITY:** Examples are: reading, watching TV, spectator

DATE:

Time	Food · Preparation · Serving Size	H/0-4	People	Place	Mood	Activity
6-10						
10-2						
2-6						
6-10						
10-6						

DATE:

Time	Food · Preparation · Serving Size	H/0-4	People	Place	Mood	Activity
6-10						
10-2						
2-6						
6-10						
10-6						

DATE:

Time	Food · Preparation · Serving Size	H/0-4	People	Place	Mood	Activity
6-10						
10-2						
2-6						
6-10						
10-6						

DATE:

Time	Food · Preparation · Serving Size	H/0-4	People	Place	Mood	Activity
6-10						
10-2						
2-6						
6-10						
10-6						

DATE:

Time	Food · Preparation · Serving Size	H/0-4	People	Place	Mood	Activity
6-10						
10-2						
2-6						
6-10						
10-6						

DATE:

Time	Food · Preparation · Serving Size	H/0-4	People	Place	Mood	Activity
6-10						
10-2						
2-6						
6-10						
10-6						

DATE:

Time	Food · Preparation · Serving Size	H/0-4	People	Place	Mood	Activity
6-10						
10-2						
2-6						
6-10						
10-6						

<i>Date</i>	<i>Time</i>	<i>Food</i>	<i>Why am I allowing myself to eat this now?</i>