



www.jenspiration.com 515-422-4498

### 7-Day Nutrition and Activity Journal

**Day 1:** \_\_\_\_\_

Breakfast		
What I Ate:		
Time:	Hunger Before: -5 -3 0 3 5 7	Hunger After: -5 -3 0 3 5 7
Mood/How Fast Did I Eat?/Other Activities While Eating:		
Lunch		
What I Ate:		
Time:	Hunger Before: -5 -3 0 3 5 7	Hunger After: -5 -3 0 3 5 7
Mood/How Fast Did I Eat?/Other Activities While Eating:		
Snack		
What I Ate:		
Time:	Hunger Before: -5 -3 0 3 5 7	Hunger After: -5 -3 0 3 5 7
Mood/How Fast Did I Eat?/Other Activities While Eating:		
Dinner		
What I Ate:		
Time:	Hunger Before: -5 -3 0 3 5 7	Hunger After: -5 -3 0 3 5 7
Mood/How Fast Did I Eat?/Other Activities While Eating:		
Water Intake: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Number of Steps Taken/Physical Activity – Duration and Level:	



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