

## 7-Day Nutrition and Activity Journal

Day	<i>,</i> 1:			
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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 Ea	ating:				
	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 Ea	ating:				
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 Ea	ating:				
Water Intake:	mber of Steps Taken/Physical Activity – Duration and Level:				



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				
Water Intake:	lumber of Steps Taken/Physical Activity – Duration and L	evel:		
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Day	3:			

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 Whi	le 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 Whi	le 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 Whi	le Eating:			
Water Intake:	Number of Steps Taken/Physical Activity – Duration and Le	evel:		
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Day 4:		

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				
Water Intake:	lumber of Steps Taken/Physical Activity – Duration and L	evel:		
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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 Eati	ng:				
	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 Eati	ng:				
	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 Eati		, ,			
	per of Steps Taken/Physical Activity – Duration and L	evel:			



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				
Water Intake:	lumber of Steps Taken/Physical Activity – Duration and L	evel:		
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Day 7:

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 Eati	ng:		
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:			