

Daily Fo	od Diary	Date:					
Time The time you start eating and finish eating	Place Kitchen, Dining Room, Office, Restaurant, Car	What Were You Doing? Watching TV, Driving, Talking, Working, Cooking	Mood Happy, Tired, Bored, Sad, Feeling Rushed	Hunger How hungry were you when you began eating on a scale of 0-5? 0 = Not Hungry 5 = Starving	Food The type of food you eat.	Amount How much you actually eat.	Fullness How full were you after eating on a scale of 1-3 after eating? 1 = still hungry 2 = satisfied 3 = uncomfortable



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