My daily food log · Date _____

Time	Meal	What I ate and drank	How much	Hunger before	Hunger after	Notes
Water (glasses)		○ ○ ○ ○ ○ ○ ○ ○ ○ ○				

Hunger: 1 not hungry at all · 3 ready to eat · 5 very hungry. A rough amount is enough.