

# My Daily Food Log

Date: \_\_\_\_\_

Meal One

Time: \_\_\_\_\_  
 What I ate: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 How I felt after eating: \_\_\_\_\_  
 \_\_\_\_\_

Hunger Scale:

1 2 3 4 5  
 (1 = not hungry | 5 = very hungry)

Mood:



Meal Two

Time: \_\_\_\_\_  
 What I ate: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 How I felt after eating: \_\_\_\_\_  
 \_\_\_\_\_

Hunger Scale:

1 2 3 4 5  
 (1 = not hungry | 5 = very hungry)

Mood:



Meal Three

Time: \_\_\_\_\_  
 What I ate: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 How I felt after eating: \_\_\_\_\_  
 \_\_\_\_\_

Hunger Scale:

1 2 3 4 5  
 (1 = not hungry | 5 = very hungry)

Mood:



Meal Four

Time: \_\_\_\_\_  
 What I ate: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 How I felt after eating: \_\_\_\_\_  
 \_\_\_\_\_

Hunger Scale:

1 2 3 4 5  
 (1 = not hungry | 5 = very hungry)

Mood:



Veggie Servings



Fruit Servings



Water I Drank



My nutrition WIN for the day: \_\_\_\_\_

My challenge to work on this week: \_\_\_\_\_