



Weekly Food Log

Meal #1	Monday	Date:
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Time	Description	Amount	Mood/Situation

Hunger Index: Before Meal 1 2 3 4 Fullness Index: After Meal 1 2 3 4

Meal #2

Time	Description	Amount	Mood/Situation

Hunger Index: Before Meal 1 2 3 4 Fullness Index: After Meal 1 2 3 4

Meal #3

Time	Description	Amount	Mood/Situation

Hunger Index: Before Meal 1 2 3 4 Fullness Index: After Meal 1 2 3 4

Meal #1	Tuesday	Date:
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Time	Description	Amount	Mood/Situation

Hunger Index: Before Meal 1 2 3 4 Fullness Index: After Meal 1 2 3 4

Meal #2

Time	Description	Amount	Mood/Situation

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Meal #3

Time	Description	Amount	Mood/Situation

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Meal #1 Wednesday Date:

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Meal #2

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Meal #3

Time	Description	Amount	Mood/Situation

Hunger Index: Before Meal 1 2 3 4 Fullness Index: After Meal 1 2 3 4

Meal #1 Thursday Date:

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Meal #2

Time	Description	Amount	Mood/Situation

Hunger Index: Before Meal 1 2 3 4 Fullness Index: After Meal 1 2 3 4

Meal #3

Time	Description	Amount	Mood/Situation

Hunger Index: Before Meal 1 2 3 4 Fullness Index: After Meal 1 2 3 4

Meal #1 Friday Date:

Time	Description	Amount	Mood/Situation

Hunger Index: Before Meal 1 2 3 4 Fullness Index: After Meal 1 2 3 4

Meal #2

Time	Description	Amount	Mood/Situation

Hunger Index: Before Meal 1 2 3 4 Fullness Index: After Meal 1 2 3 4

Meal #3

Time	Description	Amount	Mood/Situation

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Meal #1 Saturday Date:

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Meal #2

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Meal #2

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Meal #1 **Tuesday** **Date:**

Time	Description	Amount	Mood/Situation

Hunger Index: Before Meal 1 2 3 4 Fullness Index: After Meal 1 2 3 4

Meal #2

Time	Description	Amount	Mood/Situation

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