



**WORKING FOR A HEALTHIER TN**



# Daily Food Journal

Assess your hunger *before* & fullness *after* each meal/snack/beverage with 5 being the most and 1 being the least.

**Example:** 3 slices mushroom pizza Hunger 4 Fullness 5 Note: uncomfortably full

Meal/Snack/Beverage	Hunger: 1 2 3 4 5
	Fullness: 1 2 3 4 5
	Notes:
Fullness: 1 2 3 4 5	
Notes:	
	Hunger: 1 2 3 4 5
	Fullness: 1 2 3 4 5
	Notes:
	Hunger: 1 2 3 4 5
	Fullness: 1 2 3 4 5
	Notes:
	Hunger: 1 2 3 4 5
	Fullness: 1 2 3 4 5
	Notes: