



Daily Food and Mood Log

Name: _____

Today's date: _____

Time	Food & Amount	Place (home, work, car, restaurant, ect.)	Mood	Hunger Level (1-10)	Fullness Level (1-10)

Hunger Level (Scale 1-10): 1 = not hungry, 10=starving! **Fullness Level** (Scale 1-10): 1 = still hungry, 10=stuffed!