Date: ___/___/11	Calories	Protein Grams	Carbs Grams
Breakfast: Time _______ Hunger 1 2 3 4 5 Stress 1 2 3 4 5			
Snack Time: _____________			
Lunch: Time_______ Hunger 1 2 3 4 5 Stress 1 2 3 4 5			
Snack Time: _____________			
Dinner: Time _______ Hunger 1 2 3 4 5 Stress 1 2 3 4 5			
Daily Totals			

Water and other fluids

Exercise? Y N Type: _________ How Long: ________

For Hunger/Stress: Scale 1=least and 5=most

Date: ___/___/11	Calories	Protein Grams	Carbs Grams
Breakfast: Time _______ Hunger 1 2 3 4 5 Stress 1 2 3 4 5			
Snack Time: _____________			
Lunch: Time_______ Hunger 1 2 3 4 5 Stress 1 2 3 4 5			
Snack Time: _____________			
Dinner: Time _______ Hunger 1 2 3 4 5 Stress 1 2 3 4 5			
Daily Totals			

Water and other fluids

Exercise? Y N Type: _________ How Long: ________

For Hunger/Stress: Scale 1=least and 5=most

Date: ___/___/11	Calories	Protein Grams	Carbs Grams
Breakfast Time_____Hunger 12345 Stress 12345			
Snack Time: _____________			
Lunch: Time_______ Hunger 1 2 3 4 5 Stress 1 2 3 4 5			
Snack Time: _____________			
Dinner: Time _______ Hunger 1 2 3 4 5 Stress 1 2 3 4 5			
Daily Totals			

Water and other fluids

Exercise? Y N Type: _________ How Long: ________

For Hunger/Stress: Scale 1=least and 5=most

Notes/Questions	