

Food Log

Healthy Eating Active Living



	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	BEDTIME
HUNGER SCALE BEFORE EATING							
WHAT YOU ATE							
HUNGER SCALE AFTER EATING							

Hunger Scale: Rank your hunger right before you start eating. Wait 20-25 minutes after eating meals/snacks, rank your hunger before you go for a second round of eating.



1. STARVING



2. MY STOMACH FEELS HUNGRY.



3. I FEEL JUST RIGHT
NOT TOO HUNGRY NOT TOO FULL



4. I AM FEELING TOO FULL



5. I ATE TOO MUCH!
I DON'T FEEL WELL