Name:	<u> </u>	
Date:	——— Food Journ	al
Day:		Hunger Scale 0=Starved 10=Overly Full
		10=Overly Full

Time	Food and Beverage/Quantity	Previous Activity	Hunger Scale	Mood, thoughts and/or feelings	Binge?	Purge?	Comments
		·	10 9 8 7				
			6 5 4 3				
			1 0 10				
			_9 _8 _7 _6				
			_5 _4 _3 _2 _1 _0				
			10 9 8 7 6				
			Scale  _10 _9 _8 _7 _6 _5 _4 _1 _0 _10 _9 _8 _7 _6 _5 _4 _3 _2 _1 _0 _10 _9 _8 _7 _6 _5 _4 _3 _2 _1 _0 _10 _9 _8 _7 _6 _5 _4 _3 _2 _1 _0 _10 _9 _8 _7 _6 _5 _4 _3 _2 _1 _0 _0 _10 _9 _8 _7 _6 _5 _4 _3 _2 _1 _0 _0 _10 _9 _8 _7 _6 _5 _4 _3 _2 _1 _0 _0 _0 _0 _0 _0 _0 _0 _0 _0 _0 _0 _0				
			10 9 8 7 6				
			4 3 2 1 0				
			10 9 8 7 6				
			5 4 3 2 1 0				
			10 9 8 7 6				
			10987654321098765432163210				
			10				
			10 9 8 7 6				
			_5 _4 _3 _2 _1				