

Daily food and activity diary

Day: _____ Date: _____

| Time | Food/Drink description | Amount | Category | Hunger level (1-5) (1=very hungry; 5= very full) | Situation/Emotions |
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Daily summary

Number of servings of vegetables and fruits _____ Minutes of physical activity _____ Hours of sleep _____

What are some nonfood pleasures you've given yourself today?

