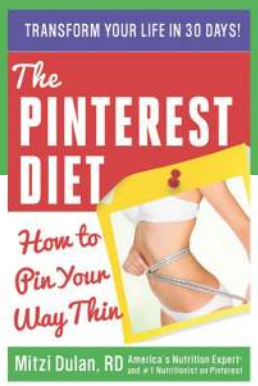
The Pinterest Diet Food Log



Name_____

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Use the table below as a guideline to write down all the food and drink you consume for each day. Note the approximate amounts that you eat as well (i.e. teaspoon, cup, etc.).

This food diary will give you a better understanding of your own eating behaviors and habits

***Meal or Snack**
****Satiety Level (1-Still Hungry, 2-Satisfied, 3-Full, 4-Stuffed, 5-Sick)**

Date/ Time	*M or *S	Quantity	Description of Food	**Satiety Level