

Daily Food Journal for Weight Management

Name _____ Date _____ Day: M T W Th F Sa Su

H = Hunger rating (0-3)

Setting = Where you were and what you were doing

Influences = How the environment and other people influenced your food choices

Emotions/thoughts = What you felt and thought about what you ate and about yourself

Time	Food	Calories	H	Setting	Influences	Emotions/thoughts