

Nutrition Journal (fill out daily)



Time	Food Item	Amount	Mood	Location
Record before and after your meal.	Describe food, including brand names, restaurant names, and method of preparation, such as baked, broiled, and fried. Include all condiments, such as ketchup, mustard, and dressings. Include beverages, such as milk, juice, and regular soda.	Weighing your food is ideal or use common kitchen terms, such as cup, teaspoon, ounces, cans, etc.	Are you happy, sad, angry, or anxious? Are you hungry or content? Are you alone, bored, standing, or sitting?	Where are you when you are eating? Living room, bedroom, kitchen, etc.
Morning				
Morning Snack				
Afternoon				
Afternoon Snack				
Evening				
Late Night Snack				