

Date / Time	Grains	Protein	Fruits & Veggies	Dairy/Alternative	Other	Journal

This journal can be used to record information such as:

- Symptoms of food intolerances or allergies;
- Feelings and emotions connected to eating (sad, lonely, bored, excited, anxious);
- Activity (eating while working at desk, eating while socializing);
- Hunger and satiety scale:

- 1 = starving – you have low blood sugar, feel weak, and may have a headache.
- 2 = famished – your stomach has been growling and you are moody.
- 3 = very hungry – you are ready for a full meal and your stomach is growling a little.
- 4 = hungry – you feel a little hungry and a small meal or snack would tie you over.
- 5 = neutral – you do not feel hungry or full.
- 6 = partially full – you feel like you have a little food in your stomach but could eat more.
- 7 = full – you are comfortably full and if you stopped here would not be hungry for 3 or 4 hours.
- 8 = very full – you feel like you ate a little too much and are slightly uncomfortable.
- 9 = over full – you are uncomfortably full.
- 10 = stuffed – you feel like you just ate a Thanksgiving meal – your stomach hurts and is bloated.



FOOD JOURNAL

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