



## **Food Journal**

### Instructions

1. Record three consecutive days including one weekend day (such as Thursday, Friday, Saturday)
2. For each item include the time and place you consumed them
3. Include all beverages consumed (water, alcohol, soda, juice etc.)
4. Write down the foods and beverages as you consume them rather than writing them down by memory
5. Be as specific as possible and include brand names, label claims (fat-free, low-fat, etc.), and type (such as cheddar cheese, ground turkey breast etc.)
6. Include the preparation method (broiled, baked, sautéed etc.)
7. Rate your hunger level before you ate or drank on a scale of 1 (ravenous/starving) to 10 (sick and/or in pain) and your mood or feelings (happy, tired, frustrated etc.)
8. Record all supplements at the bottom of the food record including dosage and time
9. Be honest with yourself and the dietitian when filling out the food record. This tool will help you succeed on your weight loss journey!

Day 1: \_\_\_\_\_

Time	Place	Food/Beverage	Amount	Preparation Method	Hunger Level	Mood/Feelings

Supplements:

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Day 2: \_\_\_\_\_

Time	Place	Food/Beverage	Amount	Preparation Method	Hunger Level	Mood/Feelings

Supplements:

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Day 3: \_\_\_\_\_

Time	Place	Food/Beverage	Amount	Preparation Method	Hunger Level	Mood/Feelings

Supplements:

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