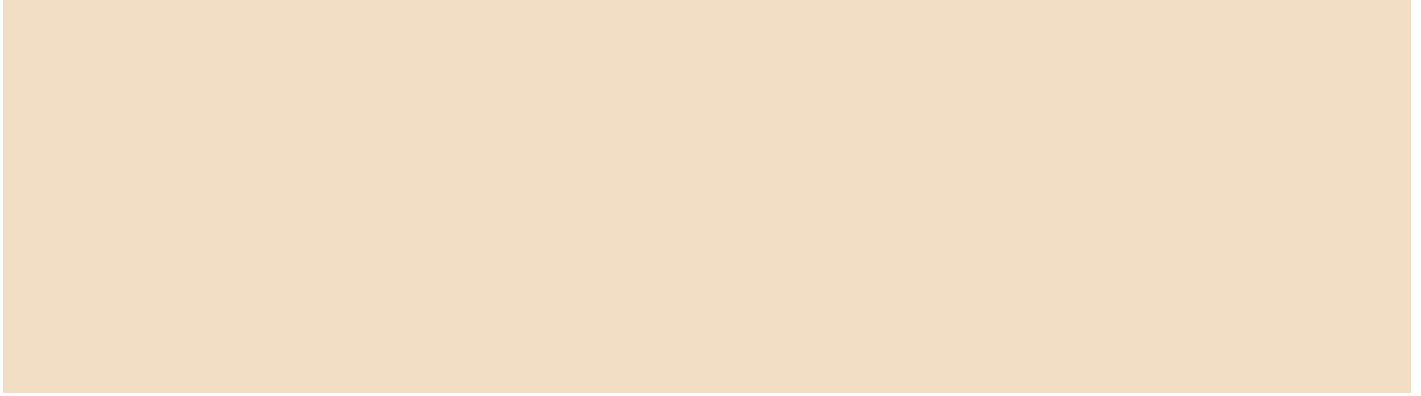


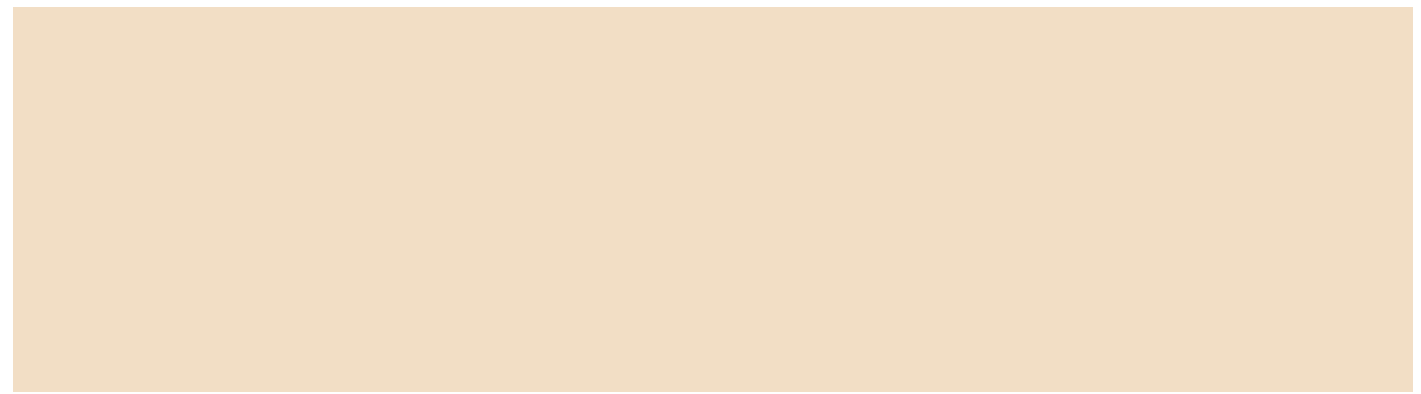
FOOD JOURNAL

DATE_____ WEIGHT_____ UP/DOWN ___ SLEEP_____

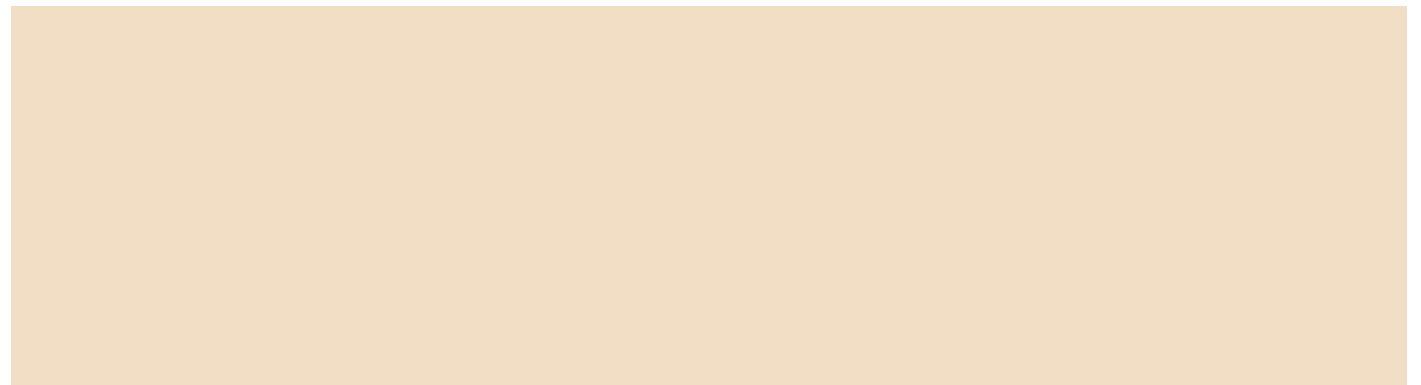
Time_____ Hours Fasted_____ Hunger Scale_____ E/P_____



Time_____ Hours Fasted_____ Hunger Scale_____ E/P_____



Time _____ Hours Fasted _____ Hunger Scale _____ E/P _____



What did you eat or drink that was not planned?



What are you most proud of about how you ate today?

What did you learn about how you ate today?

What was the over arching thought drama for the day?