Food Log

it nutrition
eat well. live well.

Day	Food Eaten	Amount Eaten	Time	Degree of Hunger (1-5)*	Mood	Exercise	Water
Monday	*bagel* *scrambled egg* *orange juice*	*1/2* *1 large* *8 oz.*	*7:30 am*	*4*	*hungry,* *stressed*	*30 minutes fast walking*	*12 oz.*

Week of: _____

*1=not hungry 5=very hungry

©2004 by it nutrition, LLC. Reproduction permission granted with proper credit.
P.O. Box 433, Wenham, MA 01984 www.itnutrition.com