7 Day Food Diary & Exercise Record – Week starting:// *List all food & drinks consumed plus approximate quantities														
	Monday Breakfast		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Breakfast				-				·		·		-		
Hunger scale	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:
Mid-morning														
Hunger scale	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:
Lunch														
Hunger scale	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:
Mid-Afternoon														
Hunger scale	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:
Dinner														
Hunger scale	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:
Supper														
Hunger scale	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:	Pre:	Post:
Exercise (Type, Duration, # of steps etc.)														
Comments														

Hunger Scale

1

Incredibly hungry

Starving, dizzy, irritable.

2

Hungry

Feeling ready to eat.

3

Initial signs of hunger

Slight pangs.

4

Neutral

Not full or hungry.

5

Satisfied

Feeling comfortable.

6

Full

Feel like you have over-eaten.

7

Overfull

Feeling sick.