

*S/H/N/F/U = Starving/Hungry/Neutral/Full/Uncomfortable. Circle one BEFORE and AFTER the meal. In the boxes to the right of Snacks, put the letter of which you were BEFORE the snack in the UPPER box, and letter you are AFTER the snack in the LOWER box. Note any fluid intake in the larger box along with what you ate. In the small boxes next to macros in the meals, check off which ones you ate, and in the big box, list what you ate and drank and the amounts.

	v	_____day	_____day	_____day	_____day	_____day
BREAKFAST						
*S/H/N/F/U						
Carb						
Protein						
Fat						
Fruit/Veg						
S/H/N/F/U						
AM SNACK						
Food						
LUNCH						
S/H/N/F/U						
Carb						
Protein						
Fat						
Fruit/Veg						
S/H/N/F/U						
AFN SNACK						
Food						
DINNER						
S/H/N/F/U						
Carb						
Protein						
Fat						
Fruit/Veg						
S/H/N/F/U						
PM SNACK						
Food						