

## Food Records

	Hunger							
Time	Level*	Thoughts/Mood	Food	Calories	Protein			
(start and finish)			(include portions eaten; all condiments and beverages, how prepared, brands)					
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<sup>\*</sup>Rank your hunger level when you start eating on a scale from 1 to 5, where 1 = not at all hungry and 5 = very hungry.



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