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| Time/where/who is present | Degree of hungerBefore \* | BeforeThoughts/feelings/etc. | Food/beverage eaten | **Degree of hunger****After \*** | After Thoughts/feelings/etc. |
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\*scale 1-10, 1=starving, 10= stuffed. Use one page per day.

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| Time/where/who is present | Degree of hungerBefore \* | BeforeThoughts/feelings/etc. | Food/beverage eaten | Degree of hungerAfter \* | After Thoughts/feelings/etc. |
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\*scale 1-10, 1=starving, 10= stuffed. Use one page per day.

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| Time/where/who is present | Degree of hungerBefore \* | BeforeThoughts/feelings/etc. | Food/beverage eaten | Degree of hungerAfter \* | After Thoughts/feelings/etc. |
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\*scale 1-10, 1=starving, 10= stuffed. Use one page per day.