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| Time/where/  who is present | Degree of hunger  Before \* | Before  Thoughts/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 hunger  Before \* | Before  Thoughts/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 hunger  Before \* | Before  Thoughts/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.