Sample Food Diary

DAY 1 : **Awoke:** **Sleep:**	**TIME**	**FOOD**	**AMOUNT**	**ACTIVITIES WHILE EATING**	**EMOTIONAL STATE**
Ex: Monday Awoke: 7:30am Sleep: 11:15pm	8am	Raisin Bran Cereal	1cup	Checking email on my phone	Anxious about test today. Tired.
		2% Milk	3/4cup		
		Banana	1		
		Coffee with sugar & milk	6oz		
	12:30pm	6” sub with turkey, provolone cheese, lettuce, tomato, green peppers, cucumbers, oil & vinegar, mayo	6” sub, ate ¾ of it	Talking with friends	Glad test is over. Happy.
		BBQ chips	1 bag		
		Pepsi	16oz		
	3pm	Snickers bar	1	Watching TV	Tired. Bored.
	8pm	Pizza	4 slices	Watching TV & on computer	Ok.
		Cherry soda	12oz		
	10pm	Vanilla ice cream	2 scoops	Studying	Frustrated.

Food Diary

DAY 1 : **Awoke:** **Sleep:**	**TIME**	**FOOD**	**AMOUNT**	**ACTIVITIES WHILE EATING**	**EMOTIONAL STATE**

Food Diary

DAY 2 : **Awoke:** **Sleep:**	**TIME**	**FOOD**	**AMOUNT**	**ACTIVITIES WHILE EATING**	**EMOTIONAL STATE**

Food Diary

DAY 3 : **Awoke:** **Sleep:**	**TIME**	**FOOD**	**AMOUNT**	**ACTIVITIES WHILE EATING**	**EMOTIONAL STATE**