

Daily Food Diary - Date: _____

Time	Food or Drink	Serving Size	Hunger Level (1=starving, 5=full)	Mood	Alone or with others	Where

Drank Water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Multi-Vitamin ☐

Exercise _____

Looking for new & healthy menu ideas?
Search from 10,000 recipes at dLife.com/recipes.