

FOOD DIARY/RECORD

| | Meal/Snack Time | Food/Beverage & Amount | Food Group Servings | Hunger Level | Mood/ Thoughts | Location | Challenges |
|-----------|-----------------|------------------------|---------------------|--------------|----------------|----------|------------|
| BREAKFAST | | | | | | | |
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| SNACK | | | | | | | |
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| LUNCH | | | | | | | |
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| SNACK | | | | | | | |
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| | | | | | | | |
| DINNER | | | | | | | |
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