

# Lifestyle Journal

## Instructions

Please fill out this for a minimum of three days (print out a separate sheet for each day). Just follow these simple steps:

### Step 1

Write in the time of day, the kind of food you're eating and the beverage you're drinking and the amount (e.g. 8 a.m. oatmeal, 1 cup + milk, 1/2 cup)

### Step 2

Before you start eating, look at the hunger scale at the bottom of the page and write down the number that describes how you feel **before** you start eating in the "start" column.

### Step 3

When you stop eating, look at the hunger scale at the bottom of the page and write down the number that describes how you feel **after** you've eaten in the "stop" column.

### Step 4

Write down any feelings you are having around the time you are eating. Some examples would be **hungry, bored, sad, happy, lonely, anxious**. There are no wrong answers so feel free to write in whatever you are feeling.

### Step 5

In the "activity" column, write in exercise or any kind of physical activity you do during the day and write down how long you are doing it (e.g. walking with friend, 45 minutes).

## Example

Morning Meal			Hunger Scale		Observations	Activity Type/Duration
Time	Food/Beverage	Amount	Start	Stop		
8:00	Oatmeal Milk (2%) Banana Orange juice	1/2 cup 1 cup 1 1/2 cup	1	7	Tired	Walking 30 minutes

# Lifestyle Journal

*“Most of us serve our ideals by fits and starts. The person who makes a success of living is one who sees his or her goal steadily and aims for it unswervingly. That's dedication.”*

*Cecil B. DeMille*

My Personal Health Goal: \_\_\_\_\_

## Food & Feelings Record

**Date:** \_\_\_\_\_

Morning Meal			Hunger Scale		Observations	Activity Type/Duration
Time	Food/Beverage	Amount	Start	Stop		
Morning Snack			Hunger Scale		Observations	
Mid-Day Meal			Hunger Scale		Observations	
Afternoon Snack			Hunger Scale		Observations	
Evening Meal			Hunger Scale		Observations	
Evening Snack			Hunger Scale		Observations	

## Hunger Scale

1	2	3	4	5	6	7	8	9	10
Starving	Very hungry	<b>START EATING</b>		Not sure if you're still hungry or satisfied	<b>STOP EATING</b>		Regretfully full	Painfully full	Miserable
		Starting to feel hunger pangs	You could eat, but you won't die if you don't		Satisfied	Somewhat full			

