

Printable food journal template / BodyCapable.Com

Date	Level of Hunger*	What you ate:	Observations**:
Time	Before After		
Time	Before After		
Time	Before After		
Time	Before After		
Time	Before After		
Time	Before After		

\*\*Jot down notes about your emotional state (stressed, calm, anxious, happy, bored) and/or any incidents and thoughts **before and after** you started eating.

**Hunger/Satiation Scale – from Canter, Sheryl (2009): Normal Eating for Normal Weight: The Path to Freedom from Weight Obsession and Food Cravings**

- 0 - Weak with hunger, running on adrenaline.
- 1 - Too hungry to care what you eat.
- 2 - Seriously hungry, must eat now!
- 3 - Moderately hungry, could wait longer.
- 4 - Slightly hungry, first thoughts of food.
- 5 - Neutral, can't feel food in stomach.
- 6 - Satisfied, feel the food but no discomfort.
- 7 - Slightly uncomfortable, food pressing a little.
- 8 - Uncomfortable, stomach painfully distended.
- 9 - Very overfull, so full you want to lie down.
- 10 - Stuffed, so full it hurts.