

## Food Diary

Time	Food/Drink Type	Amount/Quantity	Situation/Setting	How hungry were you?
<i>What time did you eat or drink?</i>	<i>What food or drink did you consume?</i>	<i>How much? – Doesn't have to be an exact measure you could use your hands for example</i>	<i>Who were you with? How did you feel that day?</i>	<i>How hungry were you before you ate?</i>