

HUNGER DIARY

Day of week and Time of day	Hunger Rating 1-5	What other uncomfortable sensations are present?	Time you last ate	Food you last ate	Did you eat or wait?	What did you eat?	Notes
le: 9 am	5	Rushed and Anxious about big meeting today	8 am	yogurt	Ate	Donuts in the conference room	They were stale but I still ate 3. I didn't feel anxious while eating but I felt guilty afterwards.

Hunger Diary Instructions: Fill out this chart each time you have a feeling of hunger for each day of the week.

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