

Figure 1.1: Food Journal

		Breakfast	Lunch	Dinner	Snacks
Monday	Food and Drink				
	How I Felt	Before: During: After:	Before: During: After:	Before: During: After:	Before: During: After:
Tuesday	Food and Drink				
	How I Felt	Before: During: After:	Before: During: After:	Before: During: After:	Before: During: After:
Wednesday	Food and Drink				
	How I Felt	Before: During: After:	Before: During: After:	Before: During: After:	Before: During: After:
Thursday	Food and Drink				
	How I Felt	Before: During: After:	Before: During: After:	Before: During: After:	Before: During: After:

		Breakfast	Lunch	Dinner	Snacks
Friday	Food and Drink				
	How I Felt	Before: During: After:	Before: During: After:	Before: During: After:	Before: During: After:
Saturday	Food and Drink				
	How I Felt	Before: During: After:	Before: During: After:	Before: During: After:	Before: During: After:
Sunday	Food and Drink				
	How I Felt	Before: During: After:	Before: During: After:	Before: During: After:	Before: During: After: