

Day of week				Date		
Time	Before eating		Food and Beverages	After eating		
	Hunger level 0-5 0 - very low, 5 - very high	Eating motivation Ha - habit Hu- hunger/ thirst B - boredom F - frustration D - desire		Satiety 0-5 0 - not at all 5 - full	Energy level 0-5 0 - very low 5 - super	Mood 0-5 0 - bad 5 - great