Sample Food Diary

TIME (record start & time of meal or snack)	PLACE (kitchen, living room, bedroom, car, desk, at work)	WITH WHOM (alone, or with family, friends, colleagues)	ACTIVITY (reading, watching TV, talking, cooking)	MOOD (neutral, happy, tense, depressed, angry, bored, rushed, tired)	HUNGER (rate from 0-5, 0 = no hunger, 5 = straving)	AMOUNT	FOOD	FRUITS OR VEGETABLES (number of servings)	FULLNESS (after eating, 1 = still hungry, 2 = quite satisfied, 3 = uncomfortable)	FILLED OUT JUST BEFORE OR AFTER EATING? (x = yes)