## **DAILY EATING DIARY**

Day/Date		Food Exchanges						Physical	Acti-		Hunger			
Food/Amount	Time		Starch	Fruit	Milk	Protein	Fat		Pace	Position	vity	Where	Rating	Mood
1/1/4														
3														
						2								
		3		74										
			The											
		H					L							
					14	7 1/2								
				4.)	\ K						7			
JA A	23									M	-4			
63	3	3						Z						
			2(5)		1	1							1	
												X		
	7													
								Splurge calories						
								Behavioral Goals						
Veg Star	h Fruit	Milk	Protein	Fat	Wate	<b>ar</b>								
Eating Plan	Truit	- WIIIK	1 1010111	lat	Trate	=		Exercise/Activity						
Exchanges Consumed						=		Weekl	y Weigh	nt				