

ToneTeen.com - Tools & Charts

The Hunger Diary

Date:			
Time	Foods Eaten	Degree of Hunger (1 to 5)	Notes

The Hunger Diary is used to track your degree of hunger during various meals throughout the day. To use, enter the time & name/portion of food(s) eaten during your meal. On a scale of 1 to 5 (1 being no hunger, 5 being extremely hungry), enter your degree of hunger.

After monitoring your hunger level for a week or more, you may notice patterns in your eating habits. Are you eating at night even though you are not hungry? Do you find yourself eating larger portions because your body is so hungry? By being conscious of your hunger level at every meal, you may be able to break your bad habits and learn to make healthier choices.