

DATE:

FOOD INTAKE SHEET

HRS SLEEP

MOOD: I GOT THIS

GOOD

TIRED

DOWN

MEAL	CONTENT	FLUID
BREAKFAST		
<i>TIME:</i>	HUNGER LEVEL 1 2 3 4 5	ALONE/OTHERS
LUNCH		
<i>TIME:</i>	HUNGER LEVEL 1 2 3 4 5	ALONE/OTHERS
EVENING		
<i>TIME:</i>	HUNGER LEVEL 1 2 3 4 5	ALONE/OTHERS
SUPPER		
<i>TIME:</i>	HUNGER LEVEL 1 2 3 4 5	ALONE/OTHERS
SNACK 1		
<i>TIME:</i>	HUNGER LEVEL 1 2 3 4 5	ALONE/OTHERS

HUNGER LEVEL : 1 = STARVING 2 = GRUMBLES 3 = OK 4 = SATISFIED 5 = FULL (BEFORE MEAL)

NOTES: