



FOOD & SYMPTOM/APPETITE DIARY

Name: _____

Date/Time	Hunger Rating	Food & Drink Consumed	Fullness Rating	Comments (e.g. symptoms, mood)

Hunger & Fullness Scale
1 = Incredibly hungry (starving, dizzy, irritable)
2 = Hunger (feeling ready to eat)
3 = Initial signs of hunger (slight pangs)
4 = Neutral (not full or hungry)
5 = Satisfied (feeling comfortable)
6 = Full (feel like you have overeaten)
7 = Overfull (feeling sick)

Notes: