

Fit & Lean in 2014

1.4: Food Diary

| Food Item | Quantity | Date & Time Eaten | Reason for Eating (hunger, boredom, social, etc.) | Feelings After You Ate (satisfied, stuffed, still hungry, etc.) |
|-----------------|----------|-------------------|---|---|
| Instant Oatmeal | 1 packet | Jan.8/14 8:30am | Hunger | Satisfied |
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