DAILY FOOD & EXERCISE LOG

THE TRAINING ZONE | FRANCISCO

NAME _____ DATE _____

BREAKFAST

TIME _____

_____

HUNGER AT START

○ Hungry ○ Starving ○ Not hungry

FULLNESS WHEN FINISHED

○ Satisfied ○ Full ○ Stuffed

SNACK 1

TIME _____

_____

HUNGER AT START

○ Hungry ○ Starving ○ Not hungry

FULLNESS WHEN FINISHED

○ Satisfied ○ Full ○ Stuffed

LUNCH

TIME _____

_____

HUNGER AT START

○ Hungry ○ Starving ○ Not hungry

FULLNESS WHEN FINISHED

○ Satisfied ○ Full ○ Stuffed

SNACK 2

TIME _____

_____

HUNGER AT START

○ Hungry ○ Starving ○ Not hungry

FULLNESS WHEN FINISHED

○ Satisfied ○ Full ○ Stuffed

DINNER

TIME _____

_____

HUNGER AT START

○ Hungry ○ Starving ○ Not hungry

FULLNESS WHEN FINISHED

○ Satisfied ○ Full ○ Stuffed

SNACK 3

TIME _____

_____

HUNGER AT START

○ Hungry ○ Starving ○ Not hungry

FULLNESS WHEN FINISHED

○ Satisfied ○ Full ○ Stuffed

EXERCISE SUMMARY (TYPE / TIME)

_____

COMMENTS / CHANGES

_____

Fill in each meal and select one hunger and fullness rating per entry.