FOOD DIARY FOR: WEEK ( )				
Day of week, time of meal/snack (e.g. Monday, 1030h Snack)	**What food and drink(s) did you have?** **(e.g. 1 Kit Kat with cafe latte with 1 sugar)**	**How Hungry am I?** **(1=starving, 10 = stuffed)**	**Where/who with?**	**How did you feel? + Other Comments**