| Meal/Snack <br> (Indicate time of day) | What You Ate and Drank | Where and With Whom | Notes (Feelings, hunger, etc.) |
| :--- | :--- | :--- | :--- |
| Breakfast |  |  |  |
| Snack |  |  |  |
| Lunch |  |  |  |
| Snack |  |  |  |
| Dinner |  |  |  |

