

## Food and Mood Log

HOW DO YOU FEEL PHYSICALLY BEFORE EATING?

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HOW DO YOU FEEL EMOTIONALLY BEFORE EATING?

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DESCRIBE YOUR LEVEL OF HUNGER BEFORE EATING –USE H/S SCALE

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DESCRIBE WHAT YOU ATE INCLUDING SERVING SIZE:

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HOW DO YOU FEEL PHYSICALLY AFTER EATING?

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HOW DO YOU FEEL EMOTIONALLY AFTER EATING?

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DESCRIBE YOUR LEVEL OF HUNGER AFTER EATING:

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