

VI. <u>Mood</u>	<u>MEALS</u>	<u>SNACKS</u>
Neutral	_____	_____
Content	_____	_____
Happy	_____	_____
Tense	_____	_____
Depressed	_____	_____
Angry	_____	_____
Bored	_____	_____
Fatigued	_____	_____
Rushed	_____	_____

VII. <u>Degree of Hunger</u>	<u>MEALS</u>	<u>SNACKS</u>
0-2 (None to Mild)	_____	_____
3-5 (Mild to Extreme)	_____	_____

VIII. <u>Type of Food</u>	<u>MEALS</u>	<u>SNACKS</u>
Alcohol	_____	_____
Baked Goods	_____	_____
Cake, Cookies	_____	_____
Crackers, etc.	_____	_____
Candy	_____	_____
Cheese	_____	_____
Ice Cream, Sherbet	_____	_____
Jam	_____	_____
Jello	_____	_____
Nuts	_____	_____
Peanut Butter	_____	_____
Potato Chips, etc.	_____	_____
Pretzels	_____	_____
Sodas	_____	_____
Diet	_____	_____
Regular	_____	_____
Sugar	_____	_____
Coffee-mate	_____	_____

<u>Type of Food (Cont.)</u>	_____	_____	_____
Bread, Rolls	_____	_____	_____
Butter, Margarine	_____	_____	_____
Cereal	_____	_____	_____
Condiments	_____	_____	_____
Eggs	_____	_____	_____
Fish	_____	_____	_____
Fruit	_____	_____	_____
Juice	_____	_____	_____
Mayonnaise	_____	_____	_____
Meat	_____	_____	_____
Milk	_____	_____	_____
Whole	_____	_____	_____
Skim	_____	_____	_____
Pasta Products	_____	_____	_____
Pizza	_____	_____	_____
Potatoes	_____	_____	_____
Poultry	_____	_____	_____
Salads	_____	_____	_____
Salad Dressing	_____	_____	_____
Soup	_____	_____	_____
Syrups, Sauces	_____	_____	_____
Vegetables	_____	_____	_____
Waffles, Pancakes	_____	_____	_____
Yogurt, Cottage Ch.	_____	_____	_____

IX. <u>Total Caloric Intake</u>	_____	_____	_____	_____
Friday	_____	_____	_____	_____
Monday	_____	_____	_____	_____
Tues.	_____	_____	_____	_____
Wed.	_____	_____	_____	_____
Thurs.	_____	_____	_____	_____
Saturday	_____	_____	_____	_____
Sunday	_____	_____	_____	_____

X. <u>Techniques</u>	_____
1.	_____
2.	_____
3.	_____