



Time	Hunger Level	Food & Amount	Calories	Fat (grams)
				<b>Total</b>

In regards to the foods you ate today:

What could you do to decrease the number of fat grams consumed? Were there some foods/ ingredients you could change/ omit to decrease fat grams or total calories?

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Did you eat when you were hungry? Or were there other triggers? How could you avoid or change this?

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