

**DATES:****(P=protein, D=dairy, G=grain/starchy veg, Frt=fruit, Veg=vegetable)**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>TIME: BREAKFAST</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:	<b>TIME: BREAKFAST</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:	<b>TIME: BREAKFAST</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:	<b>TIME: BREAKFAST</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:
<b>TIME: SNACK</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:	<b>TIME: SNACK</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:	<b>TIME: SNACK</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:	<b>TIME: SNACK</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:
<b>TIME: LUNCH</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:	<b>TIME: LUNCH</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:	<b>TIME: LUNCH</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:	<b>TIME: LUNCH</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:
<b>TIME: SNACK</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:	<b>TIME: SNACK</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:	<b>TIME: SNACK</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:	<b>TIME: SNACK</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:
<b>TIME: DINNER</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:	<b>TIME: DINNER</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:	<b>TIME: DINNER</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:	<b>TIME: DINNER</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:
<b>TIME: SNACK</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:	<b>TIME: SNACK</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:	<b>TIME: SNACK</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:	<b>TIME: SNACK</b> __P__D__G__Frt__Veg Hunger___ Fullness ___ NOTES:

**+ \_\_\_\_\_ Hunger \_\_\_\_\_ + \_\_\_\_\_ Fullness \_\_\_\_\_ + \_\_\_\_\_**  
**0                                      5                                      10**  
**Famished                                      5= Comfortable. Neutral.                                      Stuffed**

**H (hunger) 0-5**  
**F (fullness) 5-10**

FRIDAY	SATURDAY	SUNDAY	ADDITIONAL COMMENTS
<b>TIME: BREAKFAST</b> __P __D __G __Frt __Veg Hunger__ Fullness __ NOTES:	<b>TIME: BREAKFAST</b> __P __D __G __Frt __Veg Hunger__ Fullness __ NOTES:	<b>TIME: BREAKFAST</b> __P __D __G __Frt __Veg Hunger__ Fullness __ NOTES:	
<b>TIME: SNACK</b> __P __D __G __Frt __Veg Hunger__ Fullness __ NOTES:	<b>TIME: SNACK</b> __P __D __G __Frt __Veg Hunger__ Fullness __ NOTES:	<b>TIME: SNACK</b> __P __D __G __Frt __Veg Hunger__ Fullness __ NOTES:	
<b>TIME: LUNCH</b> __P __D __G __Frt __Veg Hunger__ Fullness __ NOTES:	<b>TIME: LUNCH</b> __P __D __G __Frt __Veg Hunger__ Fullness __ NOTES:	<b>TIME: LUNCH</b> __P __D __G __Frt __Veg Hunger__ Fullness __ NOTES:	
<b>TIME: SNACK</b> __P __D __G __Frt __Veg Hunger__ Fullness __ NOTES:	<b>TIME: SNACK</b> __P __D __G __Frt __Veg Hunger__ Fullness __ NOTES:	<b>TIME: SNACK</b> __P __D __G __Frt __Veg Hunger__ Fullness __ NOTES:	
<b>TIME: DINNER</b> __P __D __G __Frt __Veg Hunger__ Fullness __ NOTES:	<b>TIME: DINNER</b> __P __D __G __Frt __Veg Hunger__ Fullness __ NOTES:	<b>TIME: DINNER</b> __P __D __G __Frt __Veg Hunger__ Fullness __ NOTES:	
<b>TIME: SNACK</b> __P __D __G __Frt __Veg Hunger__ Fullness __ NOTES:	<b>TIME: SNACK</b> __P __D __G __Frt __Veg Hunger__ Fullness __ NOTES:	<b>TIME: SNACK</b> __P __D __G __Frt __Veg Hunger__ Fullness __ NOTES:	

(P=protein, D=dairy, G=grain/starchy veg, Frt=fruit, Veg=vegetable)

+ \_\_\_\_\_ Hunger \_\_\_\_\_ + \_\_\_\_\_ Fullness \_\_\_\_\_ +  
 0 5 10  
 Famished 5= Comfortable. Neutral. Stuffed

H (hunger) 0-5  
 F (fullness) 5-10