**HEALTHY FUTURES FOOD JOURNAL**

**Instructions: Track all food and drink intake for 7 days prior to next visit.**

**DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **MEAL/****SNACK** | **TIME** | **FOOD** | **QUANTITY** | **DRINK** | **QUANTITY** | **MOOD** | **HUNGER** **LEVEL** |
| **Example:****Breakfast** | **8am** | **Cereal (Cheerios)** **Banana** | **Medium bowl** | **Milk (2%)** | **1 cup**  | **Sleepy** | **Still hungry – had 2nd bowl** |
| **Example:****Snack** | **11am** | **Goldfish** | **1 package** | **Crystal Light** | **1 glass**  | **Bored** | **No** |
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| **MEAL/****SNACK** | **TIME** | **FOOD** | **QUANTITY** | **DRINK** | **QUANTITY** | **MOOD** | **HUNGER** **LEVEL** |
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