

Month

Week

Weekly food and exercise diary

Use this to record your daily meals and exercise. Don't forget to also log your mood and hunger daily.

Notes:
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How to use the mood and hunger tracker

Colour in the first circle to track your hunger levels.



Full Hungry

Colour in the second circle to track your mood.



Very Happy Confused Very unhappy

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Exercise							