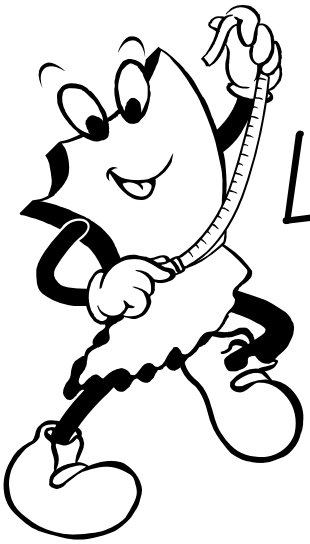

Lighten Up
INDIANA

Food Diary Form

Use this Food Diary form to track your eating habits. Copy this form and use it for at least two week days and on the weekends.

Time/ Minutes	Degree of Hunger	Activity	Place	Food Eaten	Mood