

# NUTRITION

# AWARENESS JOURNAL

## MOOD:

BREAKFAST

LUNCH

DINNER

SNACK(S)

## BREAKFAST

Hunger Before

Fullness After

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## LUNCH

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## DINNER

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## SNACK(S)

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## WATER

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## NOTES

## DAILY AFFIRMATION

## DAILY MOVEMENT

## The Hunger & Fullness Scale



Hungry

Neutral

Full