



Break Through Your Set Point Food Journal

Log your food intake by filling out your food journal. Below is a sample entry.

Date: July 25

Time: 8:15 a.m.

Veggie/Fruit: m cup sliced berries

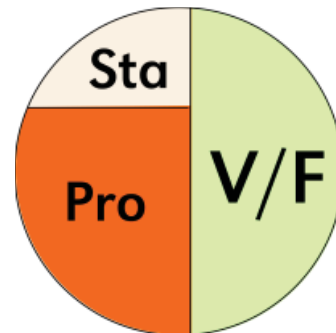
Protein: 2 hard boiled eggs

Starch: 2 slices whole wheat bread w/jam

Other: butter

Hunger Rating: 7 (Hunger, Ready to eat)

Fullness Rating: 4 (Comfortably full)





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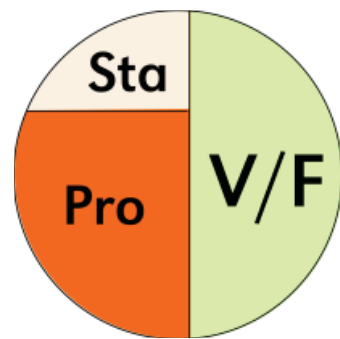
Protein: _____

Starch: _____

Other: _____

Hunger Rating: _____

Fullness Rating _____



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Time: _____

Veggie/Fruit: _____

Protein: _____

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