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

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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Date: ____________________________  Time: ____________________________

Veggie/Fruit: ____________________________  Protein: ____________________________

Starch: ____________________________  Other: ____________________________

Hunger Rating: ____________________________

Fullness Rating: ____________________________

Date: ____________________________  Time: ____________________________

Veggie/Fruit: ____________________________  Protein: ____________________________

Starch: ____________________________  Other: ____________________________

Hunger Rating: ____________________________

Fullness Rating: ____________________________