NewStarter ™ Food and Habit Daily Log

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Breakfast														
	Fullness	Mood	Fullness	Mood	Fullness	Mood	Fullness	Mood	Fullness	Mood	Fullness	Mood	Fullness	Mood
Indicator														
Snack 1														
	Fullness	Mood	Fullness	Mood	Fullness	Mood	Fullness	Mood	Fullness	Mood	Fullness	Mood	Fullness	Mood
Indicator														
Lunch														
	Fullness	Mood	Fullness	Mood	Fullness	Mood	Fullness	Mood	Fullness	Mood	Fullness	Mood	Fullness	Mood
Indicator														
Snack 2														
	Fullness	Mood	Fullness	Mood	Fullness	Mood	Fullness	Mood	Fullness	Mood	Fullness	Mood	Fullness	Mood
Indicator														
Dinner														
	Fullness	Mood	Fullness	Mood	Fullness	Mood	Fullness	Mood	Fullness	Mood	Fullness	Mood	Fullness	Mood
Indicator														
Water														

*Mood/**Fullness Indicator:

*Mood: **1**=Glad, **2**=Mad, **3**=Sad, **4**=Neutral, **5**=Afraid

Hunger/Fullness: **1=Starving/Very Hungry, **2**=A little hungry, **3**=Satisfied/Not Hungry, **4**=Full Not Stuffed, **5**=Very Full/Stuffed