

# Healthy You Journal

Eat Well, Be Active, Feel Good About Yourself

Date: \_\_\_\_\_

## Hunger Scale

Time	1	2	3		4					5				6	7	8	9	10
	Ravenous	Starving	Hungry	Hungry	Pangs	Pangs	Pangs	Pangs	Pangs	Satisfied	Satisfied	Satisfied	Satisfied	Full	Very Full	Discomfort	Stuffed	Sick
	Food / Drink		Hunger / Fullness Scale										Before Eating		After Eating			
	1	2	3	4	5	6	7	8	9	10	Environment/Feelings/Moods/Thoughts/Body Sensations		Feelings/Moods/Thoughts/Body Sensations/Additional Comments					

Physical Activity:

SMART Goal: (Specific, Measurable, Actionable, Realistic, Timely)