Diet Record Day 1

Name: _____ Date: _____ ☐ Weekday ☐ Weekend Day

Eating Behavior Diary

Time of Day	M, S, or B[1]	H[2] (0–3)	Location	Activity While Eating	Others Present	Time Spent Eating	Food Eaten and Quantity (describe preparation, variety, etc., as needed)	Reason for Choice[3]	Helpings (0,–,+)[4]	S[5] (0–3)
				snowboarding						

[1] *Indicate whether the eating/drinking event was a meal, a snack, or a beverage.*

[2] *Degree of hunger: 0 = not at all hungry; 1 = slightly hungry; 2 = moderately hungry; 3 = very hungry. If only a beverage was consumed, apply the scale to the degree of thirst.*

[3] *Reason for food choice: Examples include taste, habit, convenience, health, weight control, hunger, thirst, stress, comfort, offered to me, and so on.*

[4] *Helpings: 0 = ate all that you were first served but not more; – = ate less than what you were served; + = ate more than you were originally served.*

[5] *Degree of satiation: 0 = not at all satisfied; 1 = still a little hungry; 2 = satisfied and comfortable; 3 = very full.*

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