DAILY FOOD LOG

TIME	HUNGER LEVEL BEFORE EATING (1 - 5)	FOOD AND DRINK	WORTH IT RATING (1 - 5)	HUNGER LEVEL AFTER EATING (1 - 5)	COMMENTS
8 a.m.	5	english muffin w/ peanut butter; glass of orange juice	4	1	I had a nice breakfast to start my day and increase energy levels.