

# APPENDIX B

## HDFOOD LOG

Name \_\_\_\_\_ Date \_\_\_\_\_

Refer to the Hunger Determination Scale on page 29 to see what number you relate to before and after snacks/meals.

MEAL	TIME	FOOD & DRINK DECISIONS		NOTES (HEALTH DERAILERS / GOOD DECISIONS)
BREAKFAST	HD Scale before: HD Scale after:			
SNACK				
LUNCH				
SNACK				
DINNER				
SNACK				