

Transformational Food Journal

Hunger Scale Goal:
2-Starting to get hungry, feeling & hearing hunger
7-No longer hungry-NOT FULL

0 1 **2 3 4 5 6 7** 8 9 10
 Famished ↑ ↑ Full-Stayed

Transformational Meals
 (Focus on Protein & Good Fat)

Your Hunger Scale **"Yes" Count**
 All You Need is PRACTICE!

Breakfast	Began Eating #: Finished Eating #:	Did you feel good about yourself and honor your digestive system? Yes No
Snack (optional)	Began Eating #: Finished Eating #:	Did you feel good about yourself and honor your digestive system? Yes No
Lunch	Began Eating #: Finished Eating #:	Did you feel good about yourself and honor your digestive system? Yes No
Snack (Vital!)	Began Eating #: Finished Eating #:	Did you feel good about yourself and honor your digestive system? Yes No
Dinner (Practice moderation: Stop Eating At Level 7-No Longer Hungry)	Began Eating #: Finished Eating #:	Did you feel good about yourself and honor your digestive system? Yes No
Snack (Optional Only If You're At A Level 2 Hunger Scale)	Began Eating #: Finished Eating #:	Did you feel good about yourself and honor your digestive system? Yes No

"Yes" Count and Rating Below:

Count: Rating:
 1-2 "Yes's" = GOOD! On Your Way!
 3-4 "Yes's" = GREAT! You're Doing It!
 5-6 "Yes's" = FANTASTIC! You've chosen a new way of being and RESULTS are on their way!

Rating: _____

Think of one thing you will do tomorrow to make honoring your digestive system EASY?

