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| --- | --- | --- | --- | --- |
| **Time** | **Food** | **How Much?** | **Hunger Score + type of hunger (mouth, stomach)**  **0 = Full**  **5 = Hungry** | **Thoughts + Feelings** |
| ***i.e. Thursday, 7.30*** | ***Porridge and banana*** | ***50g oats***  ***1 med banana*** | ***4 – Stomach hungry*** | ***Sleepy, in a rush*** |
| **Time** | **Food** | **How Much?** | **Hunger Score + type of hunger (mouth, stomach)**  **0 = Full**  **5 = Hungry** | **Thoughts + Feelings** |
|  |  |  |  |  |
| **Time** | **Food** | **How Much?** | **Hunger Score + type of hunger (mouth, stomach)**  **0 = Full**  **5 = Hungry** | **Thoughts + Feelings** |
|  |  |  |  |  |
| **Time** | **Food** | **How Much?** | **Hunger Score + type of hunger (mouth, stomach)**  **0 = Full**  **5 = Hungry** | **Thoughts + Feelings** |
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