





 *The Source for Weight Loss Intake-Output Journal*

<p>Food (Amount/Item):</p> <p>Water: (check # of 8 oz servings)</p> 	<p>Hunger Scale:</p> <ol style="list-style-type: none"> 1. Starving 2. Hungry 3. Satisfied 4. Comfortably Full 5. Stuffed 	<p>Location:</p>	<p>Mood (reaction) Before:</p> <p>Mood (reaction) After:</p>
<p>Food (Amount/Item):</p> <p>Water: (check # of 8 oz servings)</p> 	<p>Hunger Scale:</p> <ol style="list-style-type: none"> 1. Starving 2. Hungry 3. Satisfied 4. Comfortably Full 5. Stuffed 	<p>Location:</p>	<p>Mood (reaction) Before:</p> <p>Mood (reaction) After:</p>
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