One Click to Weight Loss
HYDROXYCUT.com™

Food Journal

Date:

Time	Food(s) Eaten	How Much	Location	Hunger Scale (1 = least)
				1 2 3 4 5 6 7 8 9 10
				1 2 3 4 5 6 7 8 9 10
				1 2 3 4 5 6 7 8 9 10
				1 2 3 4 5 6 7 8 9 10
				1 2 3 4 5 6 7 8 9 10
				1 2 3 4 5 6 7 8 9 10

Food Journal

Date:

Time	Food(s) Eaten	How Much	Location	Hunger Scale (1 = least)
				1 2 3 4 5 6 7 8 9 10
				1 2 3 4 5 6 7 8 9 10
				1 2 3 4 5 6 7 8 9 10
				1 2 3 4 5 6 7 8 9 10
				1 2 3 4 5 6 7 8 9 10
				1 2 3 4 5 6 7 8 9 10