

FOOD AND FEELINGS DIARY

Which food do
you want to eat
and how are you
feeling at the time

Which food do
you want to eat
and how are you
feeling at the time

Which food do
you want to eat
and how are you
feeling at the time

Which food do
you want to eat
and how are you
feeling at the time

Which food do
you want to eat
and how are you
feeling at the time