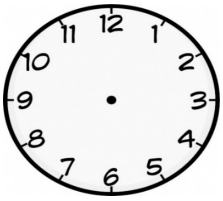
Adventure Core
Nutrition and Fitness

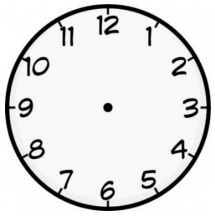
NAME: DATE:

NUTRITION JOURNAL

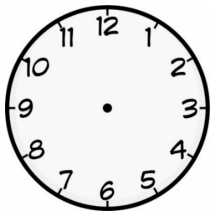
P = Protein
F = Fat
C = Carbs



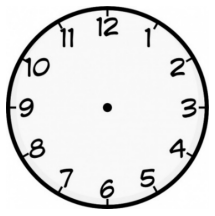
Meal 1		1 - 10 Scale		
		Hunger	Energy	Craving
Before Meal	Water = _____			
P				
F				
C				



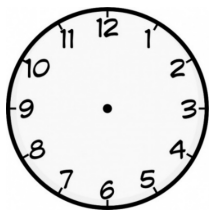
Meal 2		1 - 10 Scale		
		Hunger	Energy	Craving
Between Meals	Water = _____			
P				
F				
C				



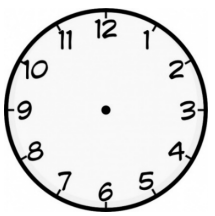
Meal 3		1 - 10 Scale		
		Hunger	Energy	Craving
Between Meals	Water = _____			
P				
F				
C				



Meal 4		1 - 10 Scale		
		Hunger	Energy	Craving
Between Meals	Water = _____			
P				
F				
C				



Meal 5		1 - 10 Scale		
		Hunger	Energy	Craving
Between Meals	Water = _____			
P				
F				
C				



Meal 6		1 - 10 Scale		
		Hunger	Energy	Craving
Between Meals	Water = _____			
P				
F				
C				

SLEEP	OMEGA 3	PROBIO	OTHER	OTHER

The Hunger Scale

10: STUFFED. Christmas day, so full it hurts. Never want to look at food again

9: VERY UNCOMFORTABLY FULL. Time to pop that top button, lean back and groan

8: UNCOMFORTABLY FULL. Bloated

7: FULL. You feel a little bit uncomfortable

6: PERFECTLY COMFORTABLE. You feel satisfied and content

5: COMFORTABLE. You're more or less satisfied, but could eat a little more

4: SLIGHTLY UNCOMFORTABLE. You're starting to feel hungry and think about food

3: UNCOMFORTABLE. Stomach is rumbling

2: VERY UNCOMFORTABLE. You feel irritable, snappy and unable to concentrate

1: WEAK and LIGHT-HEADED. It hurts, you have to eat… ANYTHING, RIGHT NOW!