HealthPartners®

Bear Food Log

Use this log with the Simple Satisfaction Eating Plan to track your meal choices and hunger levels.

Copyright © 2005 HealthPartners, Bloomington, MN

Date_____

Food or Beverage Amount	When, Where and/or Why	Hunger*	MD	SS	CS	A
Total						
Goal			3	5-7	1	
Physical Activity	Type:		Energizing Exercises: Circle below			
Goal: 30-60 min. or 10,000 to 15,000 Steps	Time: Steps:		1 / 2 / 3 / 4 / 5 / 6 / Other			

*1=Stuffed ,2=not hungry, 3= physically hungry, 4=really hungry, 5=Ravenous
MD = Main Dish, SS = Satisfying Side, CS = Craving Stopper, A = Additional foods

I made myself proud today by: _____
(For example: eating at least 5 fruits and vegetables, doing energizing exercises, choosing water instead of pop, skipping evening snacking, following the Simple Satisfaction Eating Plan)

Copyright © 2005 HealthPartners, Bloomington, MN