



DATA COLLECTION

Food Diary

M Tu W Th F Sa Su

Date: _____

MEAL #1	time:	meal/food:		
	eating location:	Who made it?		amount:
	How much did you enjoy this meal? 1 2 3 4 5	How much stress did this meal cause? 1 2 3 4 5	nutrition notes:	comments: <input type="checkbox"/> fav?
	How present with it were you? 1 2 3 4 5			

MEAL #2	time:	meal/food:		
	eating location:	Who made it?		amount:
	How much did you enjoy this meal? 1 2 3 4 5	How much stress did this meal cause? 1 2 3 4 5	nutrition notes:	comments: <input type="checkbox"/> fav?
	How present with it were you? 1 2 3 4 5			

MEAL #3	time:	meal/food:		
	eating location:	Who made it?		amount:
	How much did you enjoy this meal? 1 2 3 4 5	How much stress did this meal cause? 1 2 3 4 5	nutrition notes:	comments: <input type="checkbox"/> fav?
	How present with it were you? 1 2 3 4 5			

MEAL #4	time:	meal/food:		
	eating location:	Who made it?		amount:
	How much did you enjoy this meal? 1 2 3 4 5	How much stress did this meal cause? 1 2 3 4 5	nutrition notes:	comments: <input type="checkbox"/> fav?
	How present with it were you? 1 2 3 4 5			

NOTES

Comments/themes noticed: _____

If you skipped any meals today, note why: _____

What meal would have been the most helpful to have meal prepped today? Why? **B L D S**

What went well today, food-wise? _____