

Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

Publication No. 348-212

Reprinted April 1984
Worksheet
Low Calorie Cooking
Lesson 4

RECORD OF EATING HABITS

Name : _____

FOOD EATEN	TIME a.m.	HUNGER SATISFIED OR HUNGRY AFTER EATING	SOCIAL ALONE OR WITH SOMEONE	WHERE WORK, RESTAURANT, AT FRIEND'S HOME, HOME (WHAT ROOM?)	MOOD WHEN EATING BEHAVIOR BEGAN ANXIOUS, BORED, DEPRESSED, ANGRY, TIRED, HAPPY, OTHERS (Describe how you felt)

(continued on back)

Virginia Cooperative Extension Service programs, activities, and employment opportunities are available to all people regardless of race, color, religion, sex, age, national origin, handicap, or political affiliation. An equal opportunity/affirmative action employer.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U.S. Department of Agriculture. Mitchell R. Geasler, Director, Virginia Cooperative Extension Service, and Vice Provost for Extension, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061; M. C. Harding, Sr., Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia 23803.

655
4162
0.348-212 (Record of Eating Habits continued)
VPI
Spec

FOOD EATEN	TIME	HUNGER	SOCIAL	WHERE	MOOD WHEN EATING BEHAVIOR BEGAN
	a.m.	SATISFIED OR HUNGRY AFTER EATING	ALONE OR WITH SOMEONE	WORK, RESTAURANT, AT FRIEND'S HOME, HOME (WHAT ROOM?)	ANXIOUS, BORED, DEPRESSED, ANGRY, TIRED, HAPPY, OTHERS (Describe how you felt)