## Eating Behavior Diary

**Day/Date __________________**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location or Place</th>
<th>Food/Beverage and Portion</th>
<th>Degree of Hunger</th>
<th>Social Situation</th>
<th>Comments</th>
</tr>
</thead>
</table>

1 Use rating scale of: 1 = not hungry, 2 = moderately hungry, 3 = very hungry
2 Who were you with? What were you doing?
3 Include feelings (e.g., sad, bored, angry), thoughts (e.g., eating out with friends), concerns (e.g., stressed out at work)

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