





 *The Source for Weight Loss Intake-Output Journal*

<p><b>Food (Amount/Item):</b></p> <p><b>Water: (check # of 8 oz servings)</b></p> 	<p><b>Hunger Scale:</b></p> <ol style="list-style-type: none"> <li>1. Starving</li> <li>2. Hungry</li> <li>3. Satisfied</li> <li>4. Comfortably Full</li> <li>5. Stuffed</li> </ol>	<p><b>Location:</b></p>	<p><b>Mood (reaction) Before:</b></p> <p><b>Mood (reaction) After:</b></p>
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