

30 DAY PROTEIN CHALLENGE

Day of Challenge _____

Date _____



Food & Hunger Journal

Congratulations on joining the *30 Day Protein Challenge*! As you get started, use this daily food diary to track your meals to identify your daily protein intake and examine how the meals you eat make you feel. You can also use it to guide meal and snack choices to feel the positive benefits of eating more balanced protein for breakfast, lunch and dinner!

Additional or supporting tools you can use:

- Reference this [cheat sheet](#) or the [USDA's Nutrient Database](#) to determine the protein content of specific foods and beverages.
- Review the [Hunger Scale](#) to help determine your pre-meal and post-meal hunger levels.
- If you prefer to track your diet online, sign up for [FitDay](#) or [SparkPeople](#)
- Smart phone apps such as [Loselt](#) and [My Fitness Pal](#) are another great option for diet tracking on the go.

Time	Pre-Meal Hunger Rating (0-10)	Pre-Meal Mood	Meal (list foods & beverages)	Protein Total (g)	Post-Meal Hunger Rating (2 Hours After Eating)	Post-Meal Mood (2 Hours After Eating)

