Food noise log

MAX HP

Two weeks, one row a day. Food noise is an informal name for thoughts about food that keep coming back.

Name _____ Medication and dose _____ Dose day (e.g. Sunday) _____

DATE	DAYS SINCE DOSE	FOOD NOISE	APPETITE	WHAT WAS GOING ON
		Quiet · Some · Loud	Less · Usual · More	
		Quiet · Some · Loud	Less · Usual · More	
		Quiet · Some · Loud	Less · Usual · More	
		Quiet · Some · Loud	Less · Usual · More	
		Quiet · Some · Loud	Less · Usual · More	
		Quiet · Some · Loud	Less · Usual · More	
		Quiet · Some · Loud	Less · Usual · More	
		Quiet · Some · Loud	Less · Usual · More	
		Quiet · Some · Loud	Less · Usual · More	
		Quiet · Some · Loud	Less · Usual · More	
		Quiet · Some · Loud	Less · Usual · More	
		Quiet · Some · Loud	Less · Usual · More	
		Quiet · Some · Loud	Less · Usual · More	
		Quiet · Some · Loud	Less · Usual · More	

Circle one for food noise and one for appetite. “Days since dose” is 0 on dose day, 1 the day after, and so on, so a pattern across the week is easy to spot. Notes might be sleep, stress, a missed meal or a busy day.