

## Phase IV: Soft Diet



### Phase IV: Soft Diet Daily Food Record

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Day of the Week: \_\_\_\_\_

Pre-Meal Hunger Rating	Meal and Time	Food or Beverage (include Amount)	Location and Activity	Mood, Thoughts and Feelings	Post-Meal Hunger Rating
	<b>Breakfast</b> Start: End:				
	<b>Snack</b> Start: End:				
	<b>Lunch</b> Start: End:				
	<b>Snack</b> Start: End:				
	<b>Dinner</b> Start: End:				
	<b>Snack</b> Start: End:				

**Hunger Rating Scale:** 1 = Extremely Hungry 5 = Comfortable/Satisfied 10 = Uncomfortably Full

Today I accomplished...

Comments or Questions?