

Structure House Diary

Date _____ Weight _____

STRUCTURED EATING

Meal _____ Place _____ [c = calories]

Breakfast _____
 _____ c

Lunch _____
 _____ c

Dinner _____
 _____ c

TIME	ANTECEDENTS
6-8 AM	
8-10 AM	
10 AM - 12 noon	
12 noon - 2 PM	
2 - 4 PM	
4 - 6 PM	
6 - 8 PM	
8 - 10 PM	
10 - 12 midnight	
12 midnight - 6 AM	
USE total	c
Total calories	c

[c = calories]