

Food Diary

Week:

From / / / To / / /

Day	Breakfast	Lunch	Dinner	Snacks	Tea / Coffee	Water	Notes
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

This food diary allows you to keep track of your daily food and fluid intake. Write in everything that you eat and at the end of the week, look closely at it to see where you may have gone wrong. Use the notes section to record how you felt during the day, and this may help you to connect how you feel with the way you eat. Forewarned is forearmed! You may also use the notes section to record any exercise undertaken.