



Food Diary

Day & Date:	
Is today a working day?	
No. hours sleep last night?	
BREAKFAST	
Time	
What did you eat?	
How did you feel after eating? <i>(full or hungry)</i>	
LUNCH	
Time	
What did you eat?	
How did you feel after eating? <i>(full or hungry)</i>	
DINNER	
Time	
What did you eat?	
How did you feel after eating? <i>(full or hungry)</i>	
SNACKS	
Details of any snacks eaten and the time you had them	
EXERCISE	
What exercise did you do? <i>(type, duration, calories burned if known)</i>	

DRINKS	
What drinks did you have throughout the day outside of mealtimes?	
HUNGER	
How hungry did you feel when going to bed? <i>(if at all)</i>	