



Food and Activity Diary

Record everything you eat and drink and any physical activity you do in the table below. Use this log each week to plan what changes you should make and see if you meet your weekly goals.

! Helpful Hint : It might be useful to get a small notebook to keep going with this diary long term.

Date and Time	Food and Drink	Notes Where you've eaten and any thoughts or feelings you had. How were you feeling? - Hungry, bored, tired or stressed.	Activity Type Note what type of exercise and how long you spent doing it.