



www.nhsforthvalley.com/weight

Food and Activity Diary

Try to record everything you eat and drink and any physical activity you do. Use this diary to plan changes you want to make.
The more accurate and descriptive you are, the more you will learn about your own eating and activity habits.

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 Try to record type of food eaten, cooking methods and portion sizes.	Notes Where you've eaten, any thoughts or feelings you had? Were you feeling - hungry, bored, tired or stressed? Who were you with?	Activity Type Note what type of exercise and how long you spent doing it.