

Food & Drink Diary

Name _____ Programme _____ Date _____



A kind reminder

Use this page to notice patterns, not to judge yourself.

Today's diary

Time	What I ate / drank	Where	Hunger / fullness	Mood / energy	Notes
			1 ○ ○ ○ ○ 5	1 ○ ○ ○ ○ 5	
			1 ○ ○ ○ ○ 5	1 ○ ○ ○ ○ 5	
			1 ○ ○ ○ ○ 5	1 ○ ○ ○ ○ 5	
			1 ○ ○ ○ ○ 5	1 ○ ○ ○ ○ 5	
			1 ○ ○ ○ ○ 5	1 ○ ○ ○ ○ 5	
			1 ○ ○ ○ ○ 5	1 ○ ○ ○ ○ 5	



Water check

Aim for 6–8 cups a day.



What I noticed today



What went well?



How did I feel?



One small change for tomorrow



Useful cues



Meals



Snacks



Drinks

