



Food and Activity Diary

Name

Address.....

.....

Postal code

Date of Birth

NHS Number

Date

Food and Activity Diary

You can use this diary to record everything you eat and drink for one week. Record each day separately on the pages provided. Try to record all food and drinks that you take, along with an approximate quantity, and the time of day they are taken. There is also space to write any comments you wish to, for example about how you are feeling, who you are with, if you are at home or out, or if you felt hungry.

Also record and describe any activity each day.

Example:

Day: Wednesday

Time up: 7.30am

Time to bed: 11pm

Time of Day	Description of food/drink	Amount consumed	Comments
Breakfast 8am	Cornflakes Semi-skimmed milk Water	4 tablespoons 200ml glass	Breakfast with children very hectic
Mid morning 11am	Coffee (decaf) no milk no sugar Digestive biscuit	Cup 3	
			Missed lunch
Mid afternoon 3.30pm	Orange juice	glass	
Evening 6pm	Baked potato Baked beans Poached egg	Size of 2 eggs Small tin 1	Took cereal bar and energy drink for after gym class
Evening 9pm	Lager	2 pints	Out with friends from gym

Activity: (list any activities and intensity)

Type of activity	Time taken
Walked to and from shop - leisurely Gym class - got out of breath	20mins 1 hour

Day:

Time up:

Time to bed:

Time of Day	Description of food/drink	Amount consumed	Comments

Activity: (list any activities and intensity)

Type of activity	Time taken

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Time to bed:

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