FOOD AND ACTIVITY DIARY

Some useful tips for keeping this Food and Activity Diary:

1. Fill in the diary as you go – try not to wait until the evening or the next day before you fill it in.

2. Write down everything you eat or drink, no matter how big or small. Write down any physical activity you do over the day that lasts for more than ten minutes.

3. Think about why you are eating. Many people eat when stressed, bored or upset. If you are eating for any reason other than hunger think about why this is and write it down – it can help you to see what might be triggering your eating.

4. There's a page for each day – if you need more space, write on the reverse of each page.

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FOOD AND ACTIVITY DIARY

Food Diary – Day 1

Time	Food and amount	Were you hungry?	Thoughts/comments

Activity Diary – Day 1

Time	Activity Type	Where and who with?	Duration

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Food Diary – Day 2

Time	Food and amount	Were you hungry?	Thoughts/comments

Activity Diary – Day 2

Time	Activity Type	Where and who with?	Duration

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Food Diary – Day 3

Time	Food and amount	Were you hungry?	Thoughts/comments

Activity Diary – Day 3

Time	Activity Type	Where and who with?	Duration

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FOOD AND ACTIVITY DIARY

Food Diary – Day 4

Time	Food and amount	Were you hungry?	Thoughts/comments

Activity Diary – Day 4

Time	Activity Type	Where and who with?	Duration

Food Diary – Day 5

Time	Food and amount	Were you hungry?	Thoughts/comments

Activity Diary – Day 5

Time	Activity Type	Where and who with?	Duration

Food Diary – Day 6

Time	Food and amount	Were you hungry?	Thoughts/comments

Activity Diary – Day 6

Time	Activity Type	Where and who with?	Duration

Food Diary – Day 7

Time	Food and amount	Were you hungry?	Thoughts/comments

Activity Diary – Day 7

Time	Activity Type	Where and who with?	Duration