**FOOD AND EATING DIARY**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date diary started \_\_\_\_\_\_\_\_

Keeping a diary of food eaten can help you:

* Think about what food and eating behaviours you could change
* Check that you are achieving these changes (your steps and goals)
* Know what sometimes triggers you to eat when you didn`t plan to

(e.g. - is it because you are with other people who are eating?

- is it because you are feeling stressed or bored?)

To get the most out of this, try keeping the diary for at least 3 days, including a weekend day if your eating pattern is different then.

Write down **EVERYTHING** that you eat and drink – that includes:

* Snacks
* Main meals
* Extras - chocolates at work, crisps
* Tea and coffee
* Sugar added to drinks
* Soft drinks
* Water
* Alcohol

| **DAY** | **FOOD/DRINK &**  **HOW MUCH** | **WHERE/WHO WITH** | **THOUGHTS/FEELINGS** |
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