

FOOD & DRINK DIARY**DAY 1 DATE:** _____

	Breakfast	Mid-morning	Lunch	Mid-afternoon	Dinner	Evening
DAY 1						
Time						
Feelings & Thoughts						
DAY 2						
Time						
Feelings & Thoughts						

	Breakfast	Mid-morning	Lunch	Mid-afternoon	Dinner	Evening
DAY 3						
Time						
Feelings & Thoughts						
DAY 4						
Time						
Feelings & Thoughts						

	Breakfast	Mid-morning	Lunch	Mid-afternoon	Dinner	Evening
DAY 5						
Time						
Feelings & Thoughts						
DAY 6						
Time						
Feelings & Thoughts						

	Breakfast	Mid-morning	Lunch	Mid-afternoon	Dinner	Evening
DAY 7						
Time						
Feelings & Thoughts						

After seven days, stop and review your diary:

What patterns do I notice?

Check for patterns such as:

- Is there a link between how I feel and when/what I eat?
- What am I eating/drinking more of than I thought?
- What am I eating/drinking less of than I realised?
- What times of day am I eating when I'm not really hungry?
- What would I want to change about my eating & drinking?