# Food, Fluid and Activity Diary

| Day, date and time of the food and where you ate it | Write down what you eat or drink as soon as you have it – include as much detail as possible, such as how much, how it was cooked, whether it had a sauce or topping. | Write down what activity or exercise you did and how long you did it for | Comment on your hunger level, mood, reaction etc |
|---|---|---|---|
| Eg Mon 2nd Breakfast – in the car 8am | Eg 2 bacon and egg muffins and white coffee with 1 tsp sugar from take-away | Eg walked from carpark to work (10mins) | Eg Hungry before hand – slept in and missed breakie at home |
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Please photocopy extra pages for when they are needed. **Food, Fluid and Activity Diary**

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