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

Please photocopy extra pages for when they are needed. **Food, Fluid and Activity Diary**

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