|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  **Time** | **Monday**  | **Tuesday** | **Wednesday** | **Thursday**  | **Friday** | **Saturday**  | **Sunday** |
| **Breakfast**  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Food Diary**

Below is a table you can use to help you keep a log of what you eat in a normal week.

For each day, fill in what you eat for breakfast, lunch and dinner and any snacks in-between (don’t forget to record the time!).

In a different colour, write down how you were feeling when you ate that meal or snack.