

3-DAY FOOD DIARY

Why keep a diary?

Food diaries help you become more aware of your eating and activity habits, and problem areas. They give you a basis from which to plan changes and set goals, and allow you to look back and see what you've changed over time. This can be very motivating.

A food and activity diary will also encourage you to make conscious choices about what you eat and do - writing it down gives you the chance to think twice before you act. This is one of the most useful things you can do to help you gain control your weight.

Write down everything you eat and drink over the day.

It can also help to make a note of any thoughts or feelings linked to eating, especially if you find you often eat for comfort or when you're not actually hungry. Make a note, too, of any activity you do over the day that lasts for at least ten minutes.

Writing down everything you eat and drink can be difficult. The more honest you are, the more it will help you. It can take a little while to get used to and sometimes it may seem like a waste of time, but it's worth the effort.

If things are going well, you may find you only need to keep it now and then, or if your weight loss goes off track.

People who successfully lose weight and keep it off monitor what they eat and how active they are. This could be in the form of a diary, or in their head. It's a matter of finding out what works best for you.

Example of how to fill in your diary

Time	Food or Drink	Amount/Quantity	Situation- Who with? Where? What doing? Feelings?
07:30	Conflakes Milk Orange Juice Coffe, milk, 1 sugar	50g bowl ½ Pint / 284 ml 200ml glass 50ml milk	At home, rushing to get everyone ready.
10:45	Coffee, milk, 1 sugar Chocolate muffin Crisps- salt and vinegar	50ml milk 1 medium 1 bag- 25g	At work, during meeting, stressed needed something to eat.

Please fill out a 3 day food diary. Try to include 1 weekend day. Remember to be honest!

Name:

Date:

Time	Food or Drink	Amount/Quantity	Situation- Who with? Where? What doing? Feelings?

Comments: Exercise or activity done etc

Name:

Date:

Time	Food or Drink	Amount/Quantity	Situation- Who with? Where? What doing? Feelings?

Comments: Exercise or activity done etc

Name:

Date:

Time	Food or Drink	Amount/Quantity	Situation- Who with? Where? What doing? Feelings?

Comments: Exercise or activity done etc