



# Food Diary

Name

Goal

| <b>Monday</b>              | <b>Food</b> | <b>Drink</b> | <b>Activity</b> | <b>Thoughts</b> |
|----------------------------|-------------|--------------|-----------------|-----------------|
| <b>Breakfast</b>           |             |              |                 |                 |
| <b>Morning<br/>Snack</b>   |             |              |                 |                 |
| <b>Lunch</b>               |             |              |                 |                 |
| <b>Afternoon<br/>Snack</b> |             |              |                 |                 |
| <b>Dinner</b>              |             |              |                 |                 |
| <b>Evening<br/>Snack</b>   |             |              |                 |                 |

| <b>Tuesday</b>             | <b>Food</b> | <b>Drink</b> | <b>Activity</b> | <b>Thoughts</b> |
|----------------------------|-------------|--------------|-----------------|-----------------|
| <b>Breakfast</b>           |             |              |                 |                 |
| <b>Morning<br/>Snack</b>   |             |              |                 |                 |
| <b>Lunch</b>               |             |              |                 |                 |
| <b>Afternoon<br/>Snack</b> |             |              |                 |                 |
| <b>Dinner</b>              |             |              |                 |                 |
| <b>Evening<br/>Snack</b>   |             |              |                 |                 |

| <b>Wednesday</b>           | <b>Food</b> | <b>Drink</b> | <b>Activity</b> | <b>Thoughts</b> |
|----------------------------|-------------|--------------|-----------------|-----------------|
| <b>Breakfast</b>           |             |              |                 |                 |
| <b>Morning<br/>Snack</b>   |             |              |                 |                 |
| <b>Lunch</b>               |             |              |                 |                 |
| <b>Afternoon<br/>Snack</b> |             |              |                 |                 |
| <b>Dinner</b>              |             |              |                 |                 |
| <b>Evening<br/>Snack</b>   |             |              |                 |                 |

| <b>Thursday</b>            | <b>Food</b> | <b>Drink</b> | <b>Activity</b> | <b>Thoughts</b> |
|----------------------------|-------------|--------------|-----------------|-----------------|
| <b>Breakfast</b>           |             |              |                 |                 |
| <b>Morning<br/>Snack</b>   |             |              |                 |                 |
| <b>Lunch</b>               |             |              |                 |                 |
| <b>Afternoon<br/>Snack</b> |             |              |                 |                 |
| <b>Dinner</b>              |             |              |                 |                 |
| <b>Evening<br/>Snack</b>   |             |              |                 |                 |

| <b>Friday</b>              | <b>Food</b> | <b>Drink</b> | <b>Activity</b> | <b>Thoughts</b> |
|----------------------------|-------------|--------------|-----------------|-----------------|
| <b>Breakfast</b>           |             |              |                 |                 |
| <b>Morning<br/>Snack</b>   |             |              |                 |                 |
| <b>Lunch</b>               |             |              |                 |                 |
| <b>Afternoon<br/>Snack</b> |             |              |                 |                 |
| <b>Dinner</b>              |             |              |                 |                 |
| <b>Evening<br/>Snack</b>   |             |              |                 |                 |

| <b>Saturday</b>            | <b>Food</b> | <b>Drink</b> | <b>Activity</b> | <b>Thoughts</b> |
|----------------------------|-------------|--------------|-----------------|-----------------|
| <b>Breakfast</b>           |             |              |                 |                 |
| <b>Morning<br/>Snack</b>   |             |              |                 |                 |
| <b>Lunch</b>               |             |              |                 |                 |
| <b>Afternoon<br/>Snack</b> |             |              |                 |                 |
| <b>Dinner</b>              |             |              |                 |                 |
| <b>Evening<br/>Snack</b>   |             |              |                 |                 |

| Sunday                     | Food | Drink | Activity | Thoughts |
|----------------------------|------|-------|----------|----------|
| <b>Breakfast</b>           |      |       |          |          |
| <b>Morning<br/>Snack</b>   |      |       |          |          |
| <b>Lunch</b>               |      |       |          |          |
| <b>Afternoon<br/>Snack</b> |      |       |          |          |
| <b>Dinner</b>              |      |       |          |          |
| <b>Evening<br/>Snack</b>   |      |       |          |          |