

Daily Food/Activity Diary

Day or Date -

This diary gives you information so you can start to change any unhealthy eating habits you may have. It will also help you keep track of how much activity you complete each week and what type of activity it is.

<b>Time</b>	<b>Meal or snack</b>	<b>Place eaten</b>	<b>Quantity and details of what you ate or drank</b>	<b>Associated activity</b>	<b>Mood</b>	<b>Notes</b>
<i>7.30am</i>	<i>Meal</i>	<i>Home</i>	<i>2 servings of cornflakes milk blueberries</i>	<i>Ate at the table with my brother</i>	<i>Happy as it was Lean Beans Day!</i>	
<i>10.30</i>	<i>Snack</i>	<i>School</i>	<i>Apple and Bag of salt and vinegar crisps</i>	<i>Ate standing up in playground</i>	<i>Distracted</i>	<i>Was distracted as it was play time but made time to eat.</i>
<i>12.15</i>	<i>Meal</i>	<i>School</i>	<i>Ham salad Sandwich with butter and pickle, satsuma veggie sticks bottle of water</i>	<i>Sat in dinner hall</i>	<i>Distracted/rushed</i>	<i>Was talking to friends ate food quickly as I wanted to go and play</i>
<i>3.30</i>	<i>Snack</i>	<i>Lean Beans</i>	<i>Banana</i>	<i>Sitting down in hall</i>	<i>Distracted</i>	<i>Getting ready for lean beans with my friends</i>
<i>5.30</i>	<i>Meal</i>	<i>Home</i>	<i>Spaghetti bolognaise 3 servings of brown pasta Strawberry Yogurt</i>	<i>Sitting at dinner table</i>	<i>Happy</i>	<i>Telling family about school and Lean Beans</i>

