

## Get Healthy food diary



Food diary\* : Week \_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							

What can I change for next week?

\* Adapted from Australian Better Health Initiative, "Time to take some healthy measures" booklet. 2008, Canberra: Commonwealth of Australia.

