

# My daily food diary

Use this diary to record everything you eat and drink – and how you feel.  
A food diary is a powerful tool to make you more aware of your eating habits.

Date .....

| Time | Food and drinks consumed | Activity, thoughts or feelings before eating | How hungry were you before eating? | How full were you after eating? | How satisfied were you? Could something else have satisfied you more? | Speed of eating (fast, moderate, slow) |
|------|--------------------------|--|------------------------------------|---------------------------------|---|--|
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## Habits to work on changing

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## What I have learnt from the diary

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## Alternative behaviour for each habit

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Hunger/fullness scale

- 1 Ravenous. Can't think of anything but food
- 3 Reasonably hungry. Thinking a lot about food
- 5 Satisfied but not uncomfortable
- 7 Full and a little uncomfortable
- 10 Stuffed and very uncomfortable