

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)

Habits to work on changing

1. _____
2. _____
3. _____
4. _____

What I have learnt from the diary

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