

FOOD DIARY

Research shows that we have a much better chance of success in improving and normalising our relationship with food if we keep a food diary to record our eating patterns and our thoughts & feelings in relation to them.

Day:

Date:

Name:

| Time | Food & Drink, including amounts | Where? Who with? | Hunger Level 0 - 10 | Feelings / Mood / Thoughts | What, if anything, will you do differently tomorrow? |
|----------------|---------------------------------|------------------|---------------------|----------------------------|--|
| Morning | | | | | |
| Mid-morning | | | | | |
| Lunchtime | | | | | |
| Mid-afternoon | | | | | |
| Late afternoon | | | | | |
| Evening | | | | | |
| Night | | | | | |