

# 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					