

Food Diary

"To eat is a necessity, but to eat intelligently is an art." - La Rochefoucauld

Date: _____

Time and Place	Food/Drink	Portion	Mood

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Glasses of Water (tick a glass for each serve you had today)



Your Day in Reflection

- Did you eat something purely out of habit? Y/N
- Did you skip any meals? Y/N
- Did you eat an unhealthy or unsustaining breakfast? Y/N
- Did you go longer than 4-5 hours without eating? Y/N
- Did you eat a lot of processed foods? Y/N
- Did you eat more at night than at any other time in the day? Y/N

If you answered yes to one or more questions, think about how you can avoid these problems in the future.

Notes: