

Three-Day Food Diary

Record everything that you eat and drink over three days. Try to make sure that at least one of those is a weekend day.

Remember to record:

- ✓ Everything you eat and drink
- ✓ The time at which you ate and how hungry you were feeling before you ate and your mood (e.g. bored)
- ✓ The number of teaspoons of sugar added to your food or drink

If it helps, carry the record with you and fill in the details as you go about your day – otherwise you are likely to forget. The more accurate the diary, the more likely you are to succeed in improving your behaviour.

DAY 1	TIME							
	WHAT I HAD TO EAT AND DRINK							
	HOW I FELT BEFORE EATING							
	HOW I FELT AFTER EATING							

DAY 2	TIME							
	WHAT I HAD TO EAT AND DRINK							
	HOW I FELT BEFORE EATING							
	HOW I FELT AFTER EATING							

DAY 2	TIME							
	WHAT I HAD TO EAT AND DRINK							
	HOW I FELT BEFORE EATING							
	HOW I FELT AFTER EATING							