

Weekly food diary

<u>Monday</u>	What did I eat?	What did I drink?	What was the time?	How hungry was I? (1-10)	How did I feel?	What exercise have I done today?	How many glasses of water have I drunk today?	Food groups today (how many of each?)
Breakfast								<u>Fruit & veg</u>
Lunch								<u>Carbs</u>
Dinner								<u>Milk & dairy</u>
Other nibbles/ snacks								<u>Protein</u>
								<u>Fats & oils</u>
								<u>Treat food/drinks</u>

 01903 221450

www.adur-worthingwellbeing.org.uk

Email: info@adur-worthingwellbeing.org.uk

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<u>Tuesday</u>	What did I eat?	What did I drink?	What was the time?	How hungry was I? (1-10)	How did I feel?	What exercise have I done today?	How many glasses of water have I drunk today?	Food groups today (how many of each?)
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<u>Wednesday</u>	What did I eat?	What did I drink?	What was the time?	How hungry was I? (1-10)	How did I feel?	What exercise have I done today?	How many glasses of water have I drunk today?	Food groups today (how many of each?)
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<u>Thursday</u>	What did I eat?	What did I drink?	What was the time?	How hungry was I? (1-10)	How did I feel?	What exercise have I done today?	How many glasses of water have I drunk today?	Food groups today (how many of each?)
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<u>Friday</u>	What did I eat?	What did I drink?	What was the time?	How hungry was I? (1-10)	How did I feel?	What exercise have I done today?	How many glasses of water have I drunk today?	Food groups today (how many of each?)
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<u>Saturday</u>	What did I eat?	What did I drink?	What was the time?	How hungry was I? (1-10)	How did I feel?	What exercise have I done today?	How many glasses of water have I drunk today?	Food groups today (how many of each?)
Breakfast								<u>Fruit & veg</u>
Lunch								<u>Carbs</u>
Dinner								<u>Milk & dairy</u>
Other nibbles/ snacks								<u>Protein</u>
								<u>Fats & oils</u>
								<u>Treat food/drinks</u>

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<u>Sunday</u>	What did I eat?	What did I drink?	What was the time?	How hungry was I? (1-10)	How did I feel?	What exercise have I done today?	How many glasses of water have I drunk today?	Food groups today (how many of each?)
Breakfast								<u>Fruit & veg</u>
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