

Food Diary – Date:						
Food/Drink Description	Quantity	Time	Where	Activity	Companions	Mood
<i>e.g. Chocolate bar</i>	<i>50g</i>	<i>2.30pm</i>	<i>At desk</i>	<i>Writing report</i>	<i>Alone</i>	<i>Stressed out</i>