



## FOOD DIARY JOURNAL

**TIPS: Write down everything good and bad**

**TIPS: Notice how you feel after certain foods (E.g. tired, energetic, thirsty, stomach pain, headache, (This may help to identify foods that agree / don't agree with you)**

**TIPS: Note any emotional triggers that result in you eating (E.g. stress, lack of sleep or overtired, feelings of excitement, feelings of sadness, anxiety, boredom)**

**TIPS: Notice any trends in food choices and behaviour. (E.g. Do you notice you have the same meal all the time, this may be a good space to put in a new recipe / new meal idea)**

**TIPS: When you have a good day what have you done to allow this to happen and vice versa ?**

This is a great exercise to help you become a more mindful eater.

CMC

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b>							
<b>LUNCH</b>							
<b>DINNER</b>							
<b>SNACKS</b>							
<b>WATER ALCOHOL FIZZY DRINKS</b>							
<b>EXERCISE / MOVEMENT / OUTDOOR</b>							
<b>SLEEP</b>							

