

Eat Smartly Food and Activity Diary

(Complete one sheet every day for 5 days, to include one weekend day. Ignore the table at bottom)

Name: _____

Date: _____

Time	Food or Drink	Amount/ Quantity	Situation – who with where? Mood?	Activity
Summary of daily food intake		No. of Portions	Comment:	
Bread, Cereal rice, pasta, potatoes				
Fruits & vegetables				
Dairy, milk, yoghurt, cheese				
Meat, Fish & protein alternatives				
Fats and oils Sugary and fatty foods				