

Nutritional habits

For the next seven days, please record everything you consume in the food diary below. Be as detailed as possible, including brand names, amounts, and most importantly, BE HONEST. It may feel very tempting not to record the "odd snack" (or many if you are a binger), but PLEASE do not limit the help you will receive due to embarrassment or a carefree approach. Simply keeping a pen and paper on your kitchen table or jotting it down on your phone if you're on the go is the easiest option. You can enter all the details in your food diary when your day ends.

DAY 1

| | Before 10 am | 10-2 pm | 2-6 pm | 6-10 pm | After 10 pm |
|----------------------------|--------------|---------|--------|---------|-------------|
| Beverages | | | | | |
| Breakfast | | | | | |
| Lunch | | | | | |
| Dinner | | | | | |
| Healthy & unhealthy snacks | | | | | |

DAY 2

| | Before 10 am | 10-2 pm | 2-6 pm | 6-10 pm | After 10 pm |
|----------------------------|--------------|---------|--------|---------|-------------|
| Beverages | | | | | |
| Breakfast | | | | | |
| Lunch | | | | | |
| Dinner | | | | | |
| Healthy & unhealthy snacks | | | | | |

DAY 3

| | Before 10 am | 10-2 pm | 2-6 pm | 6-10 pm | After 10 pm |
|----------------------------|--------------|---------|--------|---------|-------------|
| Beverages | | | | | |
| Breakfast | | | | | |
| Lunch | | | | | |
| Dinner | | | | | |
| Healthy & unhealthy snacks | | | | | |

DAY 4

| | Before 10 am | 10-2 pm | 2-6 pm | 6-10 pm | After 10 pm |
|----------------------------|--------------|---------|--------|---------|-------------|
| Beverages | | | | | |
| Breakfast | | | | | |
| Lunch | | | | | |
| Dinner | | | | | |
| Healthy & unhealthy snacks | | | | | |

DAY 5

| | Before 10 am | 10-2 pm | 2-6 pm | 6-10 pm | After 10 pm |
|----------------------------|--------------|---------|--------|---------|-------------|
| Beverages | | | | | |
| Breakfast | | | | | |
| Lunch | | | | | |
| Dinner | | | | | |
| Healthy & unhealthy snacks | | | | | |

DAY 6

| | Before 10 am | 10-2 pm | 2-6 pm | 6-10 pm | After 10 pm |
|----------------------------|--------------|---------|--------|---------|-------------|
| Beverages | | | | | |
| Breakfast | | | | | |
| Lunch | | | | | |
| Dinner | | | | | |
| Healthy & unhealthy snacks | | | | | |

DAY 7

| | Before 10 am | 10-2 pm | 2-6 pm | 6-10 pm | After 10 pm |
|----------------------------|--------------|---------|--------|---------|-------------|
| Beverages | | | | | |
| Breakfast | | | | | |
| Lunch | | | | | |
| Dinner | | | | | |
| Healthy & unhealthy snacks | | | | | |

