



7 Day Food Diary

For the next seven days, record everything you eat and drink in the food diary below. By tracking every meal, snack, drink and even small bite, you create a clear picture of your current habits. This will help you spot patterns, triggers, and areas for improvement without relying on guesswork. It may feel very tempting not to record the "odd snack" (or many if you are a binger), but try not to limit the help you will receive due to embarrassment or a carefree approach. Simply keeping a pen and paper nearby or jotting it down on your phone can make things feel easier. You can then enter all the details in your food diary when your day comes to an end.



Be consistant

Be honest

Eat as you normally would



3 Alternative Ways To Track Your Food

1. Photo Tracking



2. Food Tracking Apps



MyFitnessPal

OR



Cronometer

3. Simple Notes App



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					