

Daily Food and Physical Activity Diary

EXAMPLE ___/___/___



Name: _____

Fill in everything you eat or drink. Also try and write in how much you had.

Breakfast

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Snack during morning

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Lunch

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Snack during afternoon

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Dinner

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Snack during evening

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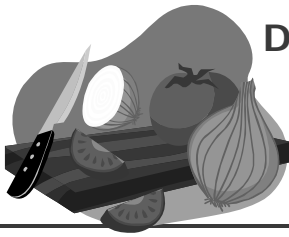
Any alcohol

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Physical Activity

Write about any extra physical activity you did today

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Daily Food and Physical Activity Diary

Monday ___/___/___



Name: _____

Fill in everything you eat or drink. Also try and write in how much you had.

Breakfast

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Snack during morning

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Lunch

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Snack during afternoon

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Dinner

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Snack during evening

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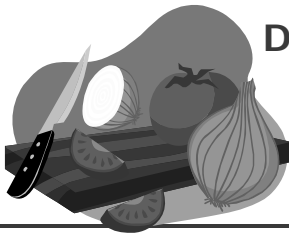
Any alcohol

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Physical Activity

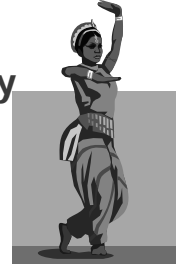
Write about any extra physical activity you did today

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Daily Food and Physical Activity Diary

Tuesday ___/___/___



Fill in everything you eat or drink. Also try and write in how much you had.

Breakfast

Snack during morning

Lunch

Snack during afternoon

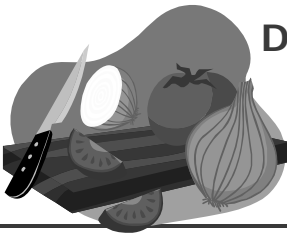
Dinner

Snack during evening

Any alcohol

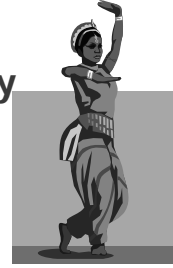
Physical Activity

Write about any extra physical activity you did today



Daily Food and Physical Activity Diary

Wednesday ___/___/___



Fill in everything you eat or drink. Also try and write in how much you had.

Breakfast

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Snack during morning

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Lunch

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Snack during afternoon

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Dinner

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Snack during evening

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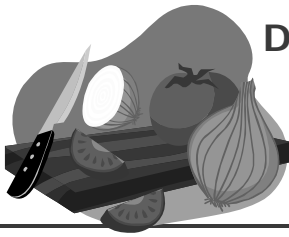
Any alcohol

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Physical Activity

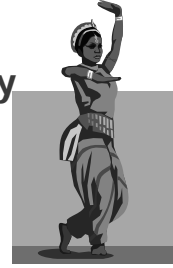
Write about any extra physical activity you did today

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Daily Food and Physical Activity Diary

Thursday ___/___/___



Fill in everything you eat or drink. Also try and write in how much you had.

Breakfast

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Snack during morning

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Lunch

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Snack during afternoon

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Dinner

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Snack during evening

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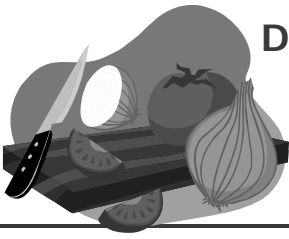
Any alcohol

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Physical Activity

Write about any extra physical activity you did today

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Daily Food and Physical Activity Diary

Friday ___/___/___



Fill in everything you eat or drink. Also try and write in how much you had.

Breakfast

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Snack during morning

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Lunch

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Snack during afternoon

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Dinner

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Snack during evening

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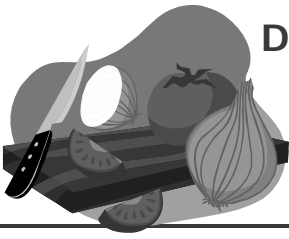
Any alcohol

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Physical Activity

Write about any extra physical activity you did today

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Daily Food and Physical Activity Diary

Saturday ___/___/___



Fill in everything you eat or drink. Also try and write in how much you had.

Breakfast

Snack during morning

Lunch

Snack during afternoon

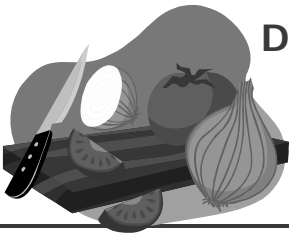
Dinner

Snack during evening

Any alcohol

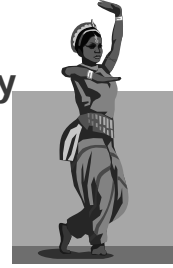
Physical Activity

Write about any extra physical activity you did today



Daily Food and Physical Activity Diary

Sunday ___/___/___



Fill in everything you eat or drink. Also try and write in how much you had.

Breakfast

Snack during morning

Lunch

Snack during afternoon

Dinner

Snack during evening

Any alcohol

Physical Activity

Write about any extra physical activity you did today

