

Seven Day Diet Diary

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snacks							
BM – how many, colour, consistency							
Energy – how did it change over the day?							
Sleep – how many hours? Did you wake refreshed?							

The purpose of the Diet Diary is to give me a glimpse into your life for one week. Please do your best not to change any usual patterns, and try not to have a “good” week just because I am going to see it. This is to observe, not to judge. Please fill in the kind and *amount of food and drink* consumed for the week. Also include the *time of day* when you ate each meal or snack.