



Name:.....

Food diary tips...

- 🍎 Keep a note of all the food and drink which you eat every day of the week
- 🍎 Try and do it at the end of each day - that way you won't forget!
- 🍎 You can draw some of the foods if you would like



These foods are good for me...

These foods are bad for me...



Week 1!

This week I ate...

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Week 2!

This week I ate...

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Week 3!

This week I ate...

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Week 4!

This week I ate...

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Week 5!

This week I ate...

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Week 6!

This week I ate...

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				