

Food and Fluid Intake Diary

Keeping a diary of what you eat and drink helps to inform me of your current intake and can help make you aware of your own dietary intake. Record what you eat and drink in household measures, with as much detail as possible and include one weekend day. The comments / symptoms section can be used to describe your feelings or symptoms at the time.

If you are considering losing weight making a note of your activities in the day and how long they took will be helpful eg. 30 minutes housework; walked 10 minutes to work

Day and Time	Food or Drink Eaten and quantity	How food is cooked (if relevant)	Comment / Symptoms
eg. Monday 8am	Egg – 1 Toast – 1 slice white bread + Butter (thin scraping) + marmalade Tea + semi-skimmed milk + 1 tspn sugar – 1 mug	Poached	Usually only have toast

Activity Diary

Note any activity that took more than 10 minutes.

What activity did you do?	How long did you do it for?	Comments
eg. walked to shop	10 minutes	Good to be outside