

FOOD & FITNESS DIARY

Use this page to write about the things you eat and drink and how much activity you do.

Make copies of the page and keep a diary for a few days. You'll soon see where you need to make simple changes. Identify danger zones in your diet, e.g. when you're most tempted to eat fatty/sugary foods or high calorie snacks.

Over time, it'll be useful to see how your lifestyle pattern has changed.

LET YOUR APPETITE BE YOUR GUIDE.

Keep a score from 1 - 10 of how hungry you feel and think about whether you're eating because of boredom or habit, rather than hunger. If you want to eat, but you're not hungry, try drinking a glass of water or making a hot drink - you may just be thirsty - or put on a CD to lift your mood. 'Surf' the urge to eat when you're not hungry - it'll pass.

DATE AND TIME	FOOD AND DRINK EATEN	AMOUNT EATEN / DRUNK	WHERE?	ACTIVITY	HOW LONG?