Your Food, Mood and Activity Diary

**Keep a track of your food/water intake**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date: | | Hunger Scale  before | Mood | Activity |
| Breakfast  Time: |  |  |  |  |
| Snack  Time: |  |  |  |  |
| Lunch  Time: |  |  |  |  |
| Snack  Time: |  |  |  |  |
| Dinner  Time: |  |  |  |  |
| Snack  Time: |  |  |  |  |
| Water and fluid intake |  |  |  |  |