

Food, mood & activity diary

Discover the reasons behind your eating and lifestyle habits with this simple tracker.



Print or make a copy of this diary for each day you want to track your diet and activity habits.

Day:

Date:

What did you eat? <i>Give as much description as possible.</i>	Were you hungry?	Mood? Content, happy, angry, sad, stressed...	Where? at home, work, a restaurant, on the go...	Who with? alone, with friends, family, colleagues...
Morning meal - time:	<input type="checkbox"/> Very hungry <input type="checkbox"/> Hungry <input type="checkbox"/> Slightly <input type="checkbox"/> Not at all			
Mid-day meal - time:	<input type="checkbox"/> Very hungry <input type="checkbox"/> Hungry <input type="checkbox"/> Slightly <input type="checkbox"/> Not at all			
Evening meal - time:	<input type="checkbox"/> Very hungry <input type="checkbox"/> Hungry <input type="checkbox"/> Slightly <input type="checkbox"/> Not at all			
Snacks throughout the day:	<input type="checkbox"/> Very hungry <input type="checkbox"/> Hungry <input type="checkbox"/> Slightly <input type="checkbox"/> Not at all			

Were you physically active today for at least 20 minutes?

This could be done in one session or split into two 10-minute slots.

Yes	No
What activity did you do?	Did you intend to be more active? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not sure
Time:	If YES, what stopped you?
Who were you with?	
How did you feel?	

Getting the most out of your diary!

Record your meals, moods, and habits to uncover triggers, spot patterns, and make positive changes. Log entries right after eating or drinking to avoid forgetting details, and include any physical activity.

What to record:

- **Date and time:** Note the date at the top of the page, and the times you eat or drink.
- **Food and drink:** Record everything you eat or drink, including sugar-free drinks. You don't need to note every time you have a sip of water, but do record other drinks such as tea and coffee.
- **Details of what you ate or drank:** Be specific. Include portion sizes such as half a pack, a bowlful, or cooking methods such as fried or grilled, extras like spreads, dressings, oils, and types of sauce such as tomato, curry, creamy, or cheese. Note if carbs were wholegrain or refined, for example did you have wholegrain bread or white bread, brown rice or white rice, wholegrain pasta or regular pasta. The more descriptive you are, the easier it will be to spot patterns or ingredients to adjust.
- **How hungry you were:** Tick your level of hunger before eating: Very hungry, hungry, slightly, not at all.
- **Where you were:** Note where you were at the time, for example, at home, at work, in a restaurant, or on the go.
- **Mood:** Use simple, consistent words to describe how you felt before eating, such as stressed, content, happy, sad, tired, annoyed, or bored.
- **Who you were with:** Record if you were alone, with family, friends or colleagues, or at a social gathering like a party or wedding.

How to use the diary:

- Complete the diary for at least three days, including one weekend day. Ideally, aim for a full week.
- Record what you have eaten or drunk straight after you've finished. Waiting until later makes it easy to forget the details or how you felt in the moment.
- Be as thorough as possible so you have enough information to spot patterns.
- Look through your diary at the end of the week to spot patterns, such as if your mood was linked to specific foods or places.

Need help? If you're not sure how to interpret your diary or need guidance, you could share this chart with a health professional to help you spot patterns.