Your Food, Mood and Activity Diary

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

|  |  |  |  |
| --- | --- | --- | --- |
| Date: | Hunger Scalebefore | Mood | Activity |
| BreakfastTime: |  |  |  |  |
| SnackTime: |  |  |  |  |
| LunchTime: |  |  |  |  |
| SnackTime: |  |  |  |  |
| DinnerTime: |  |  |  |  |
| SnackTime: |  |  |  |  |
| Water and fluid intake |  |  |  |  |