

Food & Water Diary

To fill in your Food & Water Diary, tick a box each time you eat or drink one portion from each group*. There are separate columns for each day. **Good Luck!**



Fruit & Vegetables	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Carbohydrates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dairy	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Protein	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Foods High in Fat, Sugar & Salt	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>No ticks here is very good!</p>	<p>No ticks here is very good!</p>	<p>No ticks here is very good!</p>	<p>No ticks here is very good!</p>	<p>No ticks here is very good!</p>	<p>Reward yourself with a treat today!</p>	<p>Reward yourself with a treat today!</p>
Water	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

*use a pencil so you can rub out the ticks and use it again the following week.