

## Three-Day Food Diary

Simply print out this food diary and complete all three days to the best of your ability. It's important to be honest with yourself and record all food and drink that you consume along with approximate amounts. The more honest you are, the more self aware you become and the greater the result.

The first page is purely an example. I recommend completing 2 x weekdays and 1 x weekend as your habits are likely to be different when you're not in your normal work day routine.

EXAMPLE DAY			
Meal	Food/Beverage/Amount	Mood Before	Mood After
<b>Breakfast</b>	2 x eggs 2 x slices of white toast 1 x tsp butter 50g chopped tomatoes 1 x glass of orange juice	Felt tired and sluggish	Energetic, but didn't feel satisfied.
<b>Morning Tea</b>	1 x cappucino 2 x biscuits 1 x apple	Tired from work	Hungry
<b>Lunch</b>	1 x take away chicken salad with dressing 1 x coffee with skim milk	Hungry	Felt satisfied and ready to take on the afternoon
<b>Afternoon Tea</b>	N/A	N/A	N/A
<b>Dinner</b>	Homemade Spaghetti Bolognese 1 x cup pasta 200g beef mince *usual recipe items*	Hungry	Satisfied
<b>Snacks</b>	2 x tim tams	Tired	Tired
<b>Notes:</b> I exercised in the morning before work. It was a big work day so my energy levels were up and down			

# 3 Day Food Diary

DAY 1			
Meal	Food/Beverage/Amount	Mood Before	Mood After
Breakfast			
Morning Tea			
Lunch			
Afternoon Tea			
Dinner			
Snacks			
<b>Notes:</b>			

# 3 Day Food Diary

DAY 2			
Meal	Food/Beverage/Amount	Mood Before	Mood After
Breakfast			
Morning Tea			
Lunch			
Afternoon Tea			
Dinner			
Snacks			
<b>Notes:</b>			

# 3 Day Food Diary

DAY 3			
Meal	Food/Beverage/Amount	Mood Before	Mood After
Breakfast			
Morning Tea			
Lunch			
Afternoon Tea			
Dinner			
Snacks			
<b>Notes:</b>			