

Healthy Weight Grampian			Food, Drink and Activity Diary			NHS Grampian		
Day:			Day:					
	Food and Drink	Activity		Food and Drink	Activity			
Breakfast			Breakfast					
Morning			Morning					
Lunch			Lunch					
Afternoon			Afternoon					
Tea			Tea					
Evening			Evening					

Healthy Weight Grampian. 2017. www.healthyweightgrampian.scot.nhs.uk

Why keep a Food, Drink and Activity Diary?

Using a diary to record what we eat, drink and do can be helpful in a few ways:

- It helps us become more aware of what we're doing
- Makes it less easy for us to 'forget' what we've eaten or drunk, or done or not done
- Helps us to see where and when we need to make changes (useful for setting clear goals)
- Helps us to keep track of how we're getting on with making any changes.

Do I have to write it down?

Keep a diary in the way that works best for you. This could be :

- As a written paper diary
- On your laptop, tablet, computer or mobile phone
- Done using an app
- Using photographs captured on your mobile phone

What do I have to do?

- However you decide to keep a diary, try to complete it as soon as you can after you've eaten, drunk or done something. This should be at least once a day, if not more.
- Be honest with yourself – you're the only person who'll be looking at the diary.
- Keep a diary for as long as you find it useful.
- You can always start again later if you stop.