



Try keeping a diary for 3-7 days after watching each Healthy Helpings session. You may also wish to keep a diary from time to time when you have completed the programme. Keeping a diary can help you keep on track, or to get back on track.



Try writing in at points throughout each day so you don't forget anything.

Date:	Food and Drink	Activity
Breakfast		
AM Snack		
Lunch		
PM Snack		
Evening Meal		
Evening Snack		

Fruit and Veg. Tracker								
Fluid Intake								