



Food Diary Rules

- ✓ You will need to complete the diary for 3-5 days. When completing your diary, please include at least one weekend day.
- ✓ When completing your diary please be as accurate as possible completing both the food and activity sections.
- ✓ When recording the 'food amount' if you are unable to provide weights of foods please give an estimate, e.g. small bowl or 2tablespoons.
- ✓ Always record where you ate the food. 'Work, at home, at the gym'.
- ✓ Be honest. Don't write down healthier foods or eat healthier than you usually would just because you are recording it. You will get a far better analysis if you record literally everything you eat and drink.