

Food Diary

Day

Date

Description*	Time	Feelings/Thoughts	Activity
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			

* Be specific: Write down specific amounts, measuring and weighing food, if necessary (i.e., 1/2 cup rice, 6 oz. chicken breast). Include how food was prepared (i.e., broiled, fried, deep fried) as well as toppings and dressings. **Circle Binges**

Things I did well today:

Exercise type:

Glasses of water:

Minutes: