



12 week Food Diary

Congratulations on using this food diary

Did you know that you are more likely to stick to a diet plan if you write down everything you eat?

This is great news, as you are able to use this printable food diary for the 12 weeks. You can even put a page on your fridge and keep track there.



Whether you use this food diary or something else, this will help you keep track of what is going in your mouth and help you recognise when you eat more or less.

We do recommend using your smart phone (if you have one) and taking pictures of your food and then inputting the food you ate onto this diary. Again this will keep you **accountable**.


Tip: Show this diary to your loved ones and get even more accountable!

Good luck!




Weekly Food Journal

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Breakfast							
Lunch							
Dinner							
Snacks							
Calories							
Water							
Exercise							





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