EMPOWER

Food Log

A good way to keep an eye on your goals is to complete a food diary. This is a daily log of what you eat and drink each day.
It will help you understand your eating habits, such as if you eat at a particular time or the impact of your mood.
It can also help you realise what you eat. Once you know this, you can make changes to your diet to improve your weight.

PLEASE RECORD YOUR FOOD HERE:

Day	**Time**	**Activity** (Reading, watching tv, talking, cooking)	**Mood** (Neutral, happy, tense, depressed, angry, bored, tired)	**Hunger** (Rate from 0-5 0=no hunger 5= starving)	**Amount**	**Food**	**Fruit or Vegetables** (number of servings)	**Fullness** (after eating 1= still hungry 2=quite satisfied 3=satisfied	**Glasses of Water** (we should drink 6 to 8 glasses of fluid a day)

Activity Log

It is also good practice to keep an exercise diary.

You may notice patterns in your activities and and get more inspired to achieve your goals.

PLEASE RECORD YOUR ACTIVITY HERE:

Date	Activity	How it felt	Duration
E.g. 23/03/2021	Walking/gardening/cleaning	Light/moderate/vigorous	30 minutes/60 minutes/25 minutes/20 minutes