



## **Nutritional Diary**

- To be completed the week before your 'fitness assessment/lifestyle Consultation` (for those enrolling on a 6 week 'speed body blast'/12 week 'total overhaul`)
- Please bring this with you as it will help in the 'building' of the most effective programme for you.
- Write down everything you eat and drink during the day
- Try to record quantities eaten, even rough household measures will be useful (bowl, plate, teaspoon and so on)
- Record honestly, don't change your usual intake
- Record over the whole week, your diet may be quite different at weekends for example
- Record the times you eat, this may help to identify your trigger items for snacking
- How do you feel when you eat? What feelings cause you to start eating?
- Emotions are often potent causes to be 'naughty' – recording your feelings at these times (boredom, sadness, frustration, anxiety etc will help you to recognise these triggers)!



**Name:**

**W/ending:**

**Date:**

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Other							



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