

FOOD DIARY

1. List everything you eat and drink and include quantities where you can; e.g. *cup of rice, 250g steak, 1 tablespoon oil, 1 banana*.
2. Total up all your fluids throughout the day – with quantities.
3. Add in brand/product name or take away venue where appropriate; e.g. *Corn Flakes®* rather than writing 'cereal'.
4. Be honest!



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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Drinks (coffee, tea, water, soft drinks, alcohol, etc.)							