

Ready to Lose Weight

Together we can lose it!

Join Us
It's all FREE



FOOD DIARY

Try to keep this food diary updated every day to record when and what you eat to help understand where changes can be made. View more information in the "free stuff" section of the website to find out exactly what 5 A Day is and how big your portions should be.

	Breakfast	Dinner	Tea	Snacks and drinks	Comment What were you feeling when you ate? Why did you eat when you did? Did you follow the eatwell plate?
Sun					
Mon					
Tues					
Weds					
Thurs					
Fri					
Sat					