

Food Diary

Day/Date _____

When & where? Time & location	What I ate & drank	? Eating excessive	V/L/D	Exercise: what and how long?	Comments <i>Write down any thoughts, feelings, triggers, important events or circumstances, weight etc.</i>

Carry the food diary with you at all times and write as soon as possible after eating/drinking.
Record all eating and drinking, with simple descriptions of quantities. Do not weigh food or count calories.
V = vomit, L = laxatives, D = diuretics (and how many if taken)