



Keep Going

Food and Activity Diary

Keeping a diary

- Recording what, when and why you eat can help you understand a lot about your eating and activity patterns, and areas for change
- It can help you identify your triggers for eating
- It will help you see what you've achieved once you've made changes

How to keep your diary

- To start with, keep a diary for 7 days (including weekends) and then for at least 3 days a week on an on-going basis. Include at least one day of the weekend.
- Keep your diary with you and record what you eat and drink as you go (it's very difficult to remember what you ate at the end of the day)
- Record what you eat and drink in household measures e.g. 3 tablespoons cereal, 2 slices of bread, 1 teaspoon of spreading fat, 1 large mug of milky tea.
- Try to be as detailed as you can
- Make a note of where you ate, who with and how you were feeling at the time
- Write down all your activities in the day, including day- to- day activities such as a 15 minute walk to work, or 30 minutes spent vacuuming, as well as more formal exercise e.g. aerobics class.

If you require additional Weight Management support please visit www.oneyouleeds.co.uk to find out more about local support services.

If you require more information on healthy eating or being more physical activity please visit:

<https://www.nhs.uk/live-well/>