

Food Record Sheet



Record ALL you eat and drink this week as accurately as possible including treats and alcohol. Don't be afraid to put down things you know you shouldn't have this will give you a guide to where your weak spots are. If you've eaten out, please underline where this has occurred.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks / fruit Water							
Treats (Including alcohol)							
General feelings about today's eating							

Alive

Shopping List

[illegible]