



# Food & Activity Diary

Name: .....

Group Attending: .....

# Food & drink intake for 1 day

Date:

Day:

		Portion Breakdown						
Time	Food/Drink	Fruit & Veg	Carbs	Dairy	Protein	Fatty/Sugary Foods	Fluids	Spreading Fats or condiments
		5 or more	6 to 8	2 to 3	2 to 3	1 to 2	6 to 8 250ml glass	2 to 3
Portion Totals								

Type of Physical Activity/What you did	Time (Minutes)	Intensity (Low/Moderate/Hard)

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