

<i>My food diary</i>									
	Day	Date	Time	What I ate/drank	Where I was	How many kcalories	How much fat (g)	How I felt about it	Any other comments
<i>Example:</i>	<i>Monday</i>	<i>22-Jan-10</i>	<i>11:00</i>	<i>1 Apple</i>	<i>At work</i>	<i>50</i>	<i>Trace</i>	<i>I felt good as I really wanted a biscuit!</i>	<i>Must remember to take an apple to work every day</i>
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10									
11									
12									
13									
14									
15									
<b>Total</b>									