

Dietary Self-Assessment Template

Record what you eat:	What did you eat?	Which food group does it go in?	Number of portions?
Meals and snacks			

Compare this to your targets:	Personal target*	Actual
Carbohydrate		
Fat		
Protein		
Fruit and Vegetables		

* See guidelines for different dietary approaches in your X-PERT Handbook.

Consider other important factors:	General guidelines	Personal target	Actual
How many times did you eat?	No more than 3		
How many glasses of water did you drink?	6 to 8 glasses (1 to 2 litres)		
If you had any alcohol, how many units?	No more than 2 to 3 units**		

** It is also recommended that you have some alcohol-free days each week.

It is also important to avoid ultra-processed foods as much as possible and to be mindful of WHY you are eating, e.g., is it because of true hunger or for psychological reasons?