

Food Diary

WHAT did you eat? (Record ALL meals and snacks)	Which food group does it go in*?	WHY did you eat**?

* See your X-PERT Handbook for guidance on what food group different foods would go in.

** Did you eat because you were truly hungry, or was it for another reason (e.g., due to boredom, cravings or as an emotional response)? This is also explored further in the X-PERT Handbook.