

Food diary

Date.....

Please include all foods and drinks consumed each day with approximate or exact portion sizes and how the foods were cooked (e.g. fried, baked etc.). Also include how hungry you felt and how you were feeling using the keys below.

Time	Food and drinks consumed	Hunger level 1: Not hungry 2: Fairly hungry 3: Very hungry	Mood level 1: Happy 2: Fair 3: Unhappy
Breakfast			
Mid-morning			
Lunch			
Mid-afternoon			
Supper			
Other			

Please complete for 7 days

Food diary analysis and recommendations

Client's goals regarding healthy eating or any fitness related objectives (e.g. fat loss, muscle gain, preparing for an event).

Eating or drinking behaviours that are detrimental to the client's health.

Positive eating behaviours that the client should continue.

Hydration levels and water consumption.

Caffeine consumption.

Alcohol consumption.

Processed food consumption.

Fruit and vegetable consumption.

Macronutrients analysis - Carbohydrate.

Macronutrients analysis - Protein.

Macronutrients analysis - Fats.

What changes does the client need to implement to their current nutrition to meet their goals?

What potential barriers to change may your client face?

What methods would you recommend to your client to overcome these barriers?

How will training affect your client's nutritional requirements? Include any recommendations related to the client's fitness goals.

Active iQ