

The De-Stress Effect Progress Chart – Classic Food Diary

For some, food diaries work to give an overview and the act of being accountable for noting what's consumed, helps keep them on track. Use these sparingly though, so that it's your own intuition and not the writing down which is leading your choices.



Week starting date:

Week No. on The De-Stress Effect:

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast:	Time eaten							
	Foods eaten							
	Any drinks							
	How felt after							
Snacks Drinks	Include all							
Lunch:	Time eaten							
	Foods eaten							
	Any drinks							
	How felt after							
Snacks Drinks	Include all							
Dinner:	Time eaten							
	Foods eaten							
	Any drinks							
	How felt after							
Snacks Drinks	Include all							

Reflections:

To take into next week: