



Food and Drink Record Chart

Name:

Date:

Please record all food and drink consumed. Try to give an idea of how much you are eating and drinking every day e.g. 2 slices bread, $\frac{1}{2}$ apple, 3 new potatoes, 2 tablespoons beans. 2 glasses water etc

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Mid-morning							
Lunch							
Mid-Afternoon							
Evening							
Bedtime							