



CONTRACTOR

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FOOD DIARY TEMPLATE

BREAKFAST

LUNCH

SNACK

DINNER

OTHER INFO

DAY OF THE WEEK	What made you eat? (The reason - for ex: hunger, got tempted, stress, boredom etc.)					When did you wake up?	
	The food you ate					When did you go to sleep?	
	How were you when you ate? (For ex: relaxed & mindful, grouchy, on the move, while working etc.)					Exercise	
	How did you feel immediately after? (For ex: satisfied, good, guilty, stuffed etc.)						
	How did you feel after 1 or 2 hours? (For ex: hungry, good, bloated, uneasy etc.)						

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