

## Food, hydration and sleep diary

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The best starting point for nutritional therapy is a complete and honest food diary. Please follow the guidelines as best as possible.

- Note down **all** foods and drinks you consume.
- Write down the time when you have breakfast, lunch and dinner in the top bar of each designated column.
- Write down the time when you have snacks too.
- Circle or colour the number of cups of water you drink and add additional drinks in the specific columns.
- Complete this diary every day to allow the best possible accuracy.
- Include two weekend days.
- Add additional notes and descriptions to explain occasional or exceptional foods/timing/composition....
- If noting down your foods and experiences does not work well one day, don't worry about this and just give it another go the next day 😊.
- If completing this diary for 7 days is a challenge, then complete as much as you feel you can do in good spirits and we will discuss what is missing during your first consultation and take it from there.

There are Apps available to record your food diary and/or symptoms. Most of these offer a downloadable version or a way of sharing your food diary. Here are some examples:

My Symptoms - <https://www.mysymptoms.net>

My Fitness Pal - <https://www.myfitnesspal.com>

You Ate - <https://youate.com>

If you have any questions then please get in touch 😊

**[mail@linpetrynutrition.co.uk](mailto:mail@linpetrynutrition.co.uk)**

**Food, hydration and sleep diary - Day 1**

Date: \_\_\_/\_\_\_/\_\_\_

<b>Breakfast:</b>	<b>AM</b>	<b>Lunch:</b>	<b>PM</b>	<b>Dinner:</b>	<b>PM</b>
<b>Snacks</b>		<b>Drinks – hot/cold/sweet</b>		<b>Alcohol</b>	

**Water**



**Sleep**

Last night I slept \_\_\_\_\_ hours.

Quality of sleep (circle):



Woke up at: \_\_\_\_\_ AM    Going to bed at: \_\_\_\_\_ PM

**Cravings / Response?**

**What will make tomorrow better?**

**Victory of the day:**

**Food, hydration and sleep diary - Day 2**

Date: \_\_\_/\_\_\_/\_\_\_

<b>Breakfast:</b>	<b>AM</b>	<b>Lunch:</b>	<b>PM</b>	<b>Dinner:</b>	<b>PM</b>
<b>Snacks</b>		<b>Drinks – hot/cold/sweet</b>		<b>Alcohol</b>	

**Water**



**Sleep**

Last night I slept \_\_\_\_\_ hours.

Quality of sleep (circle):



Woke up at: \_\_\_\_\_ AM    Going to bed at: \_\_\_\_\_ PM

**Cravings / Response?**

**What will make tomorrow better?**

**Victory of the day:**

**Food, hydration and sleep diary - Day 3**

Date: \_\_\_/\_\_\_/\_\_\_




<b>Breakfast:</b>	<b>AM</b>	<b>Lunch:</b>	<b>PM</b>	<b>Dinner:</b>	<b>PM</b>
<b>Snacks</b>		<b>Drinks – hot/cold/sweet</b>		<b>Alcohol</b>	

**Water**



**Sleep**

Last night I slept \_\_\_\_\_ hours.

Quality of sleep (circle):   

Woke up at: \_\_\_\_\_ AM    Going to bed at: \_\_\_\_\_ PM

**Cravings / Response?**

**What will make tomorrow better?**

**Victory of the day:**

**Food, hydration and sleep diary - Day 4**

Date: \_\_\_/\_\_\_/\_\_\_




<b>Breakfast:</b>	<b>AM</b>	<b>Lunch:</b>	<b>PM</b>	<b>Dinner:</b>	<b>PM</b>
<b>Snacks</b>		<b>Drinks – hot/cold/sweet</b>		<b>Alcohol</b>	

**Water**



**Sleep**

Last night I slept \_\_\_\_\_ hours.

Quality of sleep (circle):   

Woke up at: \_\_\_\_\_ AM    Going to bed at: \_\_\_\_\_ PM

**Cravings / Response?**

**What will make tomorrow better?**

**Victory of the day:**

**Food, hydration and sleep diary - Day 5**

Date: \_\_\_/\_\_\_/\_\_\_

<b>Breakfast:</b>	<b>AM</b>	<b>Lunch:</b>	<b>PM</b>	<b>Dinner:</b>	<b>PM</b>
<b>Snacks</b>		<b>Drinks – hot/cold/sweet</b>		<b>Alcohol</b>	

**Water**



**Sleep**

Last night I slept \_\_\_\_\_ hours.

Quality of sleep (circle):



Woke up at: \_\_\_\_\_ AM    Going to bed at: \_\_\_\_\_ PM

**Cravings / Response?**

**What will make tomorrow better?**

**Victory of the day:**

**Food, hydration and sleep diary - Day 6**

Date: \_\_\_/\_\_\_/\_\_\_

<b>Breakfast:</b>	<b>AM</b>	<b>Lunch:</b>	<b>PM</b>	<b>Dinner:</b>	<b>PM</b>
<b>Snacks</b>		<b>Drinks – hot/cold/sweet</b>		<b>Alcohol</b>	

**Water**



**Sleep**

Last night I slept \_\_\_\_\_ hours.

Quality of sleep (circle):



Woke up at: \_\_\_\_\_ AM    Going to bed at: \_\_\_\_\_ PM

**Cravings / Response?**

**What will make tomorrow better?**

**Victory of the day:**

**Food, hydration and sleep diary - Day 7**

Date: \_\_\_/\_\_\_/\_\_\_




<b>Breakfast:</b>	<b>AM</b>	<b>Lunch:</b>	<b>PM</b>	<b>Dinner:</b>	<b>PM</b>
<b>Snacks</b>		<b>Drinks – hot/cold/sweet</b>		<b>Alcohol</b>	

**Water**



**Sleep**

Last night I slept \_\_\_\_\_ hours.

Quality of sleep (circle):   

Woke up at: \_\_\_\_\_ AM    Going to bed at: \_\_\_\_\_ PM

**Cravings / Response?**

**What will make tomorrow better?**

**Victory of the day:**