

Worksheet C: Food & lifestyle diary

"Honesty is the first chapter in the book of wisdom"

Understanding your current default eating style and lifestyle is really important. Before you think about what to change, let's discover what life looks like right now. Your aim is to track a typical 1-3 days.

Day 1		
Food (record everything you eat and drink) Log it here, use an app or take photos!	Sleep Hours	
	Quality (scale of 0-10)	
	Alcohol	
Day 2		
Food	Sleep Hours	
	Quality (scale of 0-10)	
	Alcohol	
Day 3		
Food	Sleep Hours	
	Quality (scale of 0-10)	
	Alcohol	