

FOOD DIARIES

Almost everyone hates doing a Food Diary. I know they can make you feel uncomfortable; making you feel like you're going to be judged, so I want to reassure you that this is not what I shall do. Food diaries are simply a valuable tool to help you and I see what might be influencing your weight, your health and your well-being.

Please include everything you eat and drink—even the tiniest morsel that you pop into your mouth.

The more detailed you are, the better. For example, instead of just porridge for breakfast, please let me know how you made it, which kind of oats you used, which milk, whether there were toppings, and how big the portion was. If eating out – guess as best you can in terms of portion sizes. For some of your main meals, it may help to take a photo of your plate. If you do this, please also measure the diameter of the plate (photos can be deceiving!) and email it to me.

Scoring your hunger levels and emotions

Please indicate your hunger level before you eat and then around 30 minutes after finishing your meal or snack. 10/10 is the feeling you have on Christmas Day after dinner when you feel so full you might burst! Very full therefore is a score of 8 or 9 out of 10. By contrast 1 out of 10 is extremely hungry with rumbling sounds and feeling an urgent need to eat. Even when you get down to a 2–3, you may find that you are being driven to eat.

Choose one or two emotions to describe how you are feeling BEFORE you eat. For example, tired and stressed.

You can complete this diary using Word, or if you prefer, print it out (or the pdf file), complete it by hand, then scan or photograph the pages. When emailing it to me, please include your name in the file name.

Please email to: hello@jenniebayliss.com

If you have any questions or queries—please ask 😊

DAY ONE

Time	Meals & Snacks	Hunger / emotions
	<i>Breakfast</i>	
	<i>Lunch</i>	
	<i>Dinner</i>	
	<i>Snacks</i>	

What was going on for you today? How did you sleep? What were your energy levels like?

DAY TWO

Time	Meals & Snacks	Hunger / emotions
	<i>Breakfast</i>	
	<i>Lunch</i>	
	<i>Dinner</i>	
	<i>Snacks</i>	

What was going on for you today? How did you sleep? What were your energy levels like?

DAY THREE

Time	Meals & Snacks	Hunger / emotions
	<i>Breakfast</i>	
	<i>Lunch</i>	
	<i>Dinner</i>	
	<i>Snacks</i>	

What was going on for you today? How did you sleep? What were your energy levels like?



DAY FOUR

Time	Meals & Snacks	Hunger / emotions
	<i>Breakfast</i>	
	<i>Lunch</i>	
	<i>Dinner</i>	
	<i>Snacks</i>	

What was going on for you today? How did you sleep? What were your energy levels like?



DAY FIVE

Time	Meals & Snacks	Hunger / emotions
	<i>Breakfast</i>	
	<i>Lunch</i>	
	<i>Dinner</i>	
	<i>Snacks</i>	

What was going on for you today? How did you sleep? What were your energy levels like?



DAY SIX

Time	Meals & Snacks	Hunger / emotions
	<i>Breakfast</i>	
	<i>Lunch</i>	
	<i>Dinner</i>	
	<i>Snacks</i>	

What was going on for you today? How did you sleep? What were your energy levels like?



DAY SEVEN

Time	Meals & Snacks	Hunger / emotions
	<i>Breakfast</i>	
	<i>Lunch</i>	
	<i>Dinner</i>	
	<i>Snacks</i>	

What was going on for you today? How did you sleep? What were your energy levels like?