

Please complete this food diary recording portion sizes. It is extremely important to record absolutely everything that is consumed. All meals, drinks and snacks and anything else ('picked' foods outside of meals and snacks). Please note daily activity/exercise in the **Day** section. In completing this document, I agree that I have read and understand the Lewesfit Privacy Policy at www.lewesfit.com.

Day	6am - 10am	10am -12pm	12pm - 2pm	2pm - 5pm	5pm - 9pm

Day	6am - 10am	10am -12pm	12pm - 2pm	2pm - 5pm	5pm - 9pm

