

Food Diary



A food diary is a simple but powerful tool to support your weight loss journey. By writing down what you eat and drink each day, you'll start to spot patterns - like when you tend to snack, how your mood affects your choices, or what helps you stay on track.

Keeping a diary can help you to understand your eating habits, stay accountable, make small changes that add up over time. It's also a great way to get the most out of your weight loss injection plan.

Use the template below to get started, or feel free to track your meals in an app if that works better for you.

Date	Time	Food	Fluids	Additional comments (e.g. symptom, mood, hunger level)

Date	Time	Food	Fluids	Additional comments (e.g. symptom, mood, hunger level)

Need further support?

We're here to support you every step of the way. If you have a question about your weight loss journey with us, please get in touch with us on: