

# 3 Day Food, Drink and Physical Activity Diary

This diary is a powerful tool to help you become more aware of your eating and drinking habits and physical activity levels.

Day One: Date \_\_\_\_\_

	<b>Food</b> <i>(eg 1 slice of white bread)</i>	<b>Drinks</b> <i>(eg full cream milk 250mL)</i>	<b>Physical Activity</b> <i>(eg walk 30mins)</i>
<b>Breakfast</b> <i>Time:</i>			
<b>Mid Morning</b> <i>Time:</i>			
<b>Lunch</b> <i>Time:</i>			
<b>Mid Afternoon</b> <i>Time:</i>			
<b>Evening</b> <i>Time:</i>			
<b>Supper</b> <i>Time:</i>			
<b>Overnight</b> <i>Time:</i>			

Day Two: Date \_\_\_\_\_

	<b>Food</b> <i>(eg 1 slice of white bread)</i>	<b>Drinks</b> <i>(eg full cream milk 250mL)</i>	<b>Physical Activity</b> <i>(eg walk 30mins)</i>
<b>Breakfast</b> <i>Time:</i>			
<b>Mid Morning</b> <i>Time:</i>			
<b>Lunch</b> <i>Time:</i>			
<b>Mid Afternoon</b> <i>Time:</i>			
<b>Evening</b> <i>Time:</i>			
<b>Supper</b> <i>Time:</i>			
<b>Overnight</b> <i>Time:</i>			

Notes:

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Day Three: Date \_\_\_\_\_

	<b>Food</b> <i>(eg 1 slice of white bread)</i>	<b>Drinks</b> <i>(eg full cream milk 250mL)</i>	<b>Physical Activity</b> <i>(eg walk 30mins)</i>
<b>Breakfast</b> <i>Time:</i>			
<b>Mid Morning</b> <i>Time:</i>			
<b>Lunch</b> <i>Time:</i>			
<b>Mid Afternoon</b> <i>Time:</i>			
<b>Evening</b> <i>Time:</i>			
<b>Supper</b> <i>Time:</i>			
<b>Overnight</b> <i>Time:</i>			

### For more information

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