

Active Environment Health & Fitness

5 day Food and Mood Diary

Day	6 – 10am		10 – 2pm		2 - 5pm		5 - 9pm		9 - 12pm	
Friday										
Rate 1-2 hours after food 😞 😊 😊	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy
Saturday										
Rate 1-2 hours after food 😞 😊 😊	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy
Sunday										
Rate 1-2 hours after food 😞 😊 😊	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy
Monday										
Rate 1-2 hours after food 😞 😊 😊	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy
Tuesday										
Rate 1-2 hours after food 😞 😊 😊	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy

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Nutrition profile

Weight:	
Height:	
Body mass index:	
Waist size:	
Daily energy requirements:	
Daily carbohydrate requirements:	
Daily protein requirements:	

Programme aims:

Weight loss

Muscle gain

Aerobic fitness

How often do you train weekly (days) and for how long (hours, on average)?

Days:	Hours:
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Muscle area	Size (cm)	Review
Arm (biceps/triceps)		
Chest size		
Waist size		
Leg size (quads/hamstrings)		

10 Favourite foods

10 Least Favourite foods
