Please write down all the foods and drinks you consume over a **7** day period, include **1** weekend day. Please complete as **accurately** and **honestly** as possible.

**Client Name:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Breakfast** | **Lunch** | **Dinner** | **Snacks** | **Fluids**  include alcohol |
| **Day 1** | **Day 1** | **Day 1** | **Day 1** | **Day 1** |
|  |  |  |  |  |
| **Day 2** | **Day 2** | **Day 2** | **Day 2** | **Day 2** |
|  |  |  |  |  |
| **Day 3** | **Day 3** | **Day 3** | **Day 3** | **Day 3** |
|  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day 4** | **Day 4** | **Day 4** | **Day 4** | **Day 4** |
|  |  |  |  |  |
| **Day 5** | **Day 5** | **Day 5** | **Day 5** | **Day 5** |
|  |  |  |  |  |
| **Day 6** | **Day 6** | **Day 6** | **Day 6** | **Day 6** |
|  |  |  |  |  |
| **Day 7** | **Day 7** | **Day 7** | **Day 7** | **Day 7** |
|  |  |  |  |  |

**Example**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Breakfast** | **Lunch** | **Dinner** | **Snacks** | **Fluids** include alcohol |
| **Day 1** | **Day 1** | **Day 1** | **Day 1** | **Day 1** |
| Porridge with honey | Ham sandwich  Crisps | Roast Chicken  Carrots  Peas  Mashed Potato  Apple pie & custard | Crisps  Chocolate bar  Apple | Tea 4 cups  Coffee 1 cup  Water 1 glass  Red wine 1 glass |