

Food Monitoring Chart

Complete the chart – Record the food eaten and consider the influencing factors. Monitor over a week, or a month and observe if there are patterns or habits showing through. What meaning or belief do you have about the influencing factor and the foods eaten?

<i>Week/Day</i>				
<i>Influencing factors</i>	<i>Potential belief /meaning</i>	<i>Meal/Foods</i>	<i>Meal/Foods</i>	<i>Meal/Foods</i>
Emotion				
Location				
Event- celebration, work, relaxation etc				
Time of day				
Day of the week				
Time of cycle				
Season				
Activity – TV, sport, hobby etc				
People with				
Mood				
Medication changes				
Supplement changes				
State of health – ill, well, tired etc.				
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