



## Life! Eating habits diary

Over a 7 day period, please record your daily food intake with a tick in the relevant columns of the table below.  
When completing lunch and dinner sections, refer to the Australian Guide to Healthy Eating (AGHE) on page 24.

	Breakfast high in fibre?			Morning snack			Lunch following the AGHE / plate model?			Afternoon snack			Dinner following the AGHE / plate model?			Evening snack			Other snacks than those previously listed
	Yes	Almost	No	Yes	No	What?	Yes	Almost	No	Yes	No	What?	Yes	Almost	No	Yes	No	What?	
Example		✓		✓		Apple		✓		✓		Yoghurt		✓			✓		Muesli bar Piece of cake
Monday																			
Tuesday																			
Wednesday																			
Thursday																			
Friday																			
Saturday																			
Sunday																			
Total																			

Name: \_\_\_\_\_

