

# Dietary assessment and Diet Diary

## 5-Day Diet Diary

### Initial assessment

To begin, write down your recall of the range of your dietary habits in the following format

	<b>Most nutritious</b>	<b>Typical</b>	<b>Least nutritious</b>
<b>Breakfast</b>			
<b>Lunch</b>			
<b>Snack</b>			
<b>Dinner</b>			

### Diet Diary

For three to five days, starting at any time of day you like, but for at least three full daily cycles, do a thorough diary of everything you eat or drink, of your activities, and your mood, emotions, and energy level, in the following format.

<b>Day/time</b>	<b>Food/Drink</b>	<b>Activity</b>	<b>Mood/energy</b>
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