

PWYSAU IACH  
BYW'N IACH  
HEALTHY WEIGHT  
HEALTHY YOU

# Healthy Weight Healthy You diary

**FOOD**

**DRINK**

**WHEN, WHERE,  
WITH WHO?**

**MOOD/FEELINGS**

**ACTIVITY: WHAT  
DID I DO TODAY?**

**ME TIME: HOW  
DID I RELAX?**

**EXAMPLE**

*I bowl Weetabix, banana.  
Apple, packet of crisps, yoghurt and  
cheese sandwich for lunch.  
Tomato & bacon pasta and garlic bread.  
Bar of chocolate.*

*Cup of coffee.  
Can of cola x2  
Water x 2 glasses*

*I ate at home today.  
Breakfast and dinner  
with my partner.*

*I was bored when I ate  
chocolate in the evening.*

*2 x 30min walks with my  
dog.*

*Read some of my book  
before bed.*

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**FOOD**

**DRINK**

**WHEN, WHERE,  
WITH WHO?**

**MOOD/FEELINGS**

**ACTIVITY: WHAT  
DID I DO TODAY?**

**ME TIME: HOW  
DID I RELAX?**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**WHAT HAVE I LEARNT?**

*(e.g I snack when I am bored.)*

**CHANGES I COULD MAKE:**

*(e.g Plan an activity or hobby for when I am bored.)*