Food, drink and lifestyle diary.

Please choose 3 typical days (including 1 weekend day or day-off) and record everything you have eaten. Please also note exercise & sleeping pattern. Please give as much information as possible: if the meal is home cooked or not, brand names, if fresh or packaged, frozen, a whole bread / pasta, skimmed, organic etc and approximate quantities ie 1 heaped tsp, 2 cups, 1 small bowl. Please include drinks.

Day One:

Time	**All foods eaten including snacks & drinks** ie water, tea with semi-skinned milk, fizzy drink	**Approx.** Quantity	**Other information** ie. brands, if sugar added

Day Two:

Time	**All foods eaten including snacks & drinks** ie water, tea with semi-skinned milk, fizzy drink	**Approx.** Quantity	**Other information** ie. brands, if sugar added

Day Three:

Time	**All foods eaten including snacks & drinks** ie water, tea with semi-skinned milk, fizzy drink	**Approx.** Quantity	**Other information** ie. brands, if sugar added