



Food diary

A food diary is a daily record of what you eat and drink, designed to complement your weight loss injection plan. Tracking your meals helps you monitor progress, understand eating habits like when you eat or how emotions affect your choices and identify patterns that may impact your results. By maintaining a food diary, you can make more informed dietary adjustments to enhance the effectiveness of your weight loss injections.

Below is a template for you to use, or alternatively, you can use a food tracking app.

Date	Time	Food	Fluids	Additional comments (e.g. symptom, mood, hunger level)

