

# Download Food And Activity Diary Template

Keeping a record of your daily food intake will help you stay on track when trying to lose weight or maintain a healthy weight and activity levels. It also will give your doctor or health care provider a quick way to check your progress. The diary will print larger in the PDF version if you deselect ...[www.personalnutritionguide.com](http://www.personalnutritionguide.com)  
©Inspiring Nutrition, LLC Time Food/Beverage Amount Calories Totals: Date: Mon Tue Wed Thurs Fri Sat Sun Weight:Importance of making a Food Diary. A food diary template is very easy to do if you are planning to start counting your calories and taking a look at what you are actually eating and comparing it to what you should be eating in order to be a lot healthier.A food control plan (FCP) sets out what steps a business making or selling higher-risk foods needs to take to make safe food. You use it to identify risks, and to show how they're being managed. It means customers will know your food is safe – and it can help you create a successful food business ...