Please record in as much detail as possible the foods/drinks you consumed between the hours of waking to going to bed for the **past 24 hours**. Please estimate portion sizes where possible. We will clarify this history with you during your UQ Chat. ‘Company’ means whether you were alone, in a group or with anyone in particular (you don’t need to be specific) ☺

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Time** | **Food/drinks** | **Location** | **Mood** | **Company** |