

Robot-FIT (FIT-R) Snacking Time Line Follow Back - Last Week

Please record your **high sugar/fat snack and drink intake** over the **LAST WEEK between meals**. If you are unsure, please write down any details and we can take a look for you. Please be as descriptive as you can remember about the snack or drink.

Note:. A snack is either one food or drink item. One can of soft drink and one chocolate bar would be recorded as **two** snacks. Some examples of high sugar or fat snacks and drinks include sugary soft drinks (not including zero sugar alternatives), doughnuts or buns, confectionery, sweet or savoury pies/crumbles, large quantities of fruit juice and sugary muesli bars. Please do not include healthy snacks (e.g. a piece of fruit or vegetable snacks) into this spreadsheet.

MORNING TIME

High sugar/fat snack and drink intake for the time period: 00:00am – 12:00pm

	(1)	(2)	(3)	(4)	(5)	(6)	(7)
Number of snacks							
Types of snacks							

AFTERNOON TIME

High sugar/fat snack and drink intake for the time period: 12:00pm – 6:00pm

	(1)	(2)	(3)	(4)	(5)	(6)	(7)
Number of snacks							
Types of snacks							

EVENING TIME

High sugar/fat snack and drink intake for the time period: 6:00pm - 12:00am (18:00-00:00)

	(1)	(2)	(3)	(4)	(5)	(6)	(7)
Number of snacks							
Types of snacks							

Robot-FIT (FIT-R) Snacking Time Line Follow Back - Week Before Last

Please record your **high sugar/fat snack and drink intake** over the **WEEK BEFORE LAST between meals**. If you are unsure, please write down any details and we can take a look for you. Please be as descriptive as you can remember about the snack or drink.

Note:. A snack is either one food or drink item. One can of soft drink and one chocolate bar would be recorded as **two** snacks. Some examples of high sugar or fat snacks and drinks include sugary soft drinks (not including zero sugar alternatives), doughnuts or buns, confectionery, sweet or savoury pies/crumbles, large quantities of fruit juice and sugary muesli bars. Please do not include healthy snacks (e.g. a piece of fruit or vegetable snacks) into this spreadsheet.

MORNING TIME

High sugar/fat snack and drink intake for the time period: 00:00am – 12:00pm

	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Number of snacks							
Types of snacks							

AFTERNOON TIME

High sugar/fat snack and drink intake for the time period: 12:00pm – 6:00pm

	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Number of snacks							
Types of snacks							

EVENING TIME

High sugar/fat snack and drink intake for the time period: 6:00pm - 12:00am (18:00-00:00)

	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Number of snacks							
Types of snacks							