

## Daily Food and Activity Diary

Research has shown that keeping a food and activity diary is an important tool for losing weight and keeping it off. Diaries can help target areas for improvement. To find out the food and activity behaviors to focus on, keep a diary before making any changes in your meals and activities. Discuss your diary and make a nutrition and activity plan with your health care professional.

### INSTRUCTIONS

#### 1. Fill out the following sections of your diary.

##### Time:

Write the time of day you ate the food.

##### Food/Drink:

Describe the type of food or drink you consumed. Be as specific as you can. Include sauces and gravies. Don't forget to write down "extras," such as soda pop, salad dressing, mayonnaise, butter, sour cream, sugar and ketchup.

##### Amount:

In this space note the amount of the item you ate or drank (not how much was served). Use measuring cups and spoons to describe most foods (examples: 1 cup Cheerios, ½ cup 2% milk) or use size or shape to describe foods that don't fit into a cup or spoon (examples: 8 inch corn tortilla, 3 x 3 x 1 inch chocolate cake with frosting, 1 medium chicken breast).

##### Where:

Write what room or part of the house you were in when you ate. If you ate in a restaurant, fast-food chain or your car, write that location down.

##### Mood:

How were you feeling while you were eating (for example, sad, happy, depressed)?

##### Hunger Scale:

Rate how hungry you were before you began eating using the hunger scale.

### HUNGER SCALE

Empty Starving Hunger Pains Hunger Slight Hunger Neutral Contented Slightly Full Full Overfed Nausea

0 1 2 3 4 5 6 7 8 9 10

##### Activity:

Write down all your activities in the day, including day-to-day activities such as a 15-minute walk to work, or 30 minutes spent vacuuming, as well as more formal exercise (e.g, 50-minute aerobics class).

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## 2. Advice for keeping a Food Diary.

**Write down everything** you eat and drink. A piece of candy, a handful of pretzels or a can of soda pop may not seem like much at the time, but over a week these calories add up!

**Tell the truth.** There's nothing to be gained by trying to look good on these forms. Your health care provider can help you only if you record what you really eat.

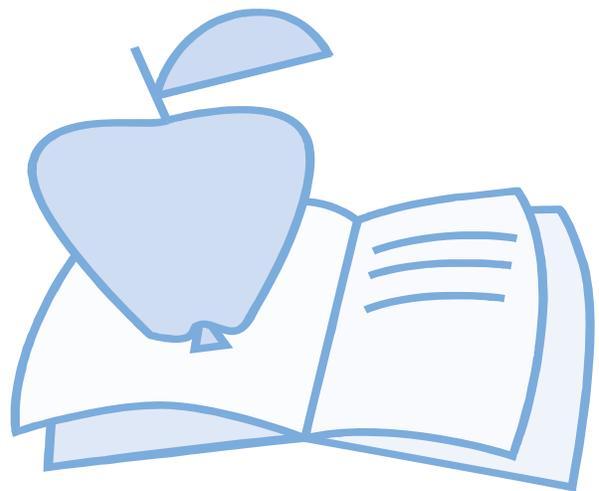
**Do it now.** Don't depend on your memory at the end of the day. Record your eating as you go.

**Remember the little things** like butter, margarine, jelly, sugar, sauces, gravies, salad dressings, etc.

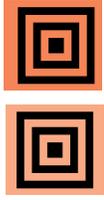
**Remember to include snacks and beverages** while cooking, between meals and before bed.

**Note what is in a mixed food.** (Example: stew [1/4 cup meat, 1/4 cup potatoes, 1/4 cup carrots, 1/4 cup gravy])

**Describe how a food was prepared.** (Example: 1 chicken breast fried with PAM spray)



*do it for yourself . . .*



# Daily Food and Activity Diary

Name \_\_\_\_\_ Date \_\_\_\_\_

Time	Food/Drink	Amount	Where	Mood	Hunger Rating
Activity:					