

# Food and Activity Journal

## How to fill in this journal:

- Write down everything you eat and drink. You may want to record **one weekday** and **one weekend day (Saturday or Sunday)** or a workday and a non workday.
- Include:
  - **How much food you ate.** You may want to measure the food you eat for a day or two to help you see how much you eat and drink. Use measuring cups and spoons. If you have a food scale, you can weigh some foods like meat and cheese. If the food comes in a package, write down the package size. For example: 175 mL container of yogurt.
  - **How the food is cooked.** For example: fried, baked, boiled, or barbecued
  - Sauces or condiments that you add to food, during, or after cooking. Example: cream, sugar, oil, butter, jam, syrup, ketchup or other dressings.
  - Details about restaurant or fast foods, or packaged foods. write down which brand of hamburger, chicken, or cereal.
- Write down all your **activities** for the day. Include planned activities (going for a walk or swim) and activities of daily life (housework or grocery shopping). Comments may include where you ate, your mood, or stress level.
- Use more paper if you need to or make extra copies of the back page of this handout.
- Read over your journal to see what is working well and what you may want to change.

## Example of how to fill in your journal:

Day of week: Monday

Time	Food/Drink and Description	Amount Eaten	Activity and Comments
7:30 a.m.	Milk 1% Oatmeal Brown sugar 100% whole wheat bread Margarine, non-hydrogenated Banana, medium	1 cup $\frac{3}{4}$ cup 1 teaspoon 1 slice 1 teaspoon 1	Breakfast at home  Walked 10 minutes
11:30 a.m.	Lentil soup with vegetables Whole grain crackers Canned peaches Plain yogurt Cookie, chocolate chip, store-bought	1 cup 4 $\frac{1}{2}$ cup $\frac{1}{2}$ cup 1	Lunch at café.  Walked 30 minutes to café and back to office.
4 p.m.	Microwave popcorn (100 calorie bag)	1 bag	Afternoon snack watching TV
<b>Continue to fill in the information for the rest of the day.</b>			

