

# 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>			

Day of week: \_\_\_\_\_

Time	Food/Drink and Description	Amount Eaten	Activity and Comments

This material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Alberta Health Services does not make any representation or warranty, express, implied or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. This material is not a substitute for the advice of a qualified health professional. Alberta Health Services expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.