

FOOD DIARY: Date \_\_\_\_\_

| Food Details | Quantity | Calories |
|--------------|----------|----------|
|              |          |          |

**PHYSICAL ACTIVITY**

| Activity Details | Minutes | Date |
|------------------|---------|------|
|                  |         |      |

# FOOD & ACTIVITY JOURNAL



**INSTRUCTIONS** Journal all food intake and activity for the next 5 days. For food, include the name of the food, the amount eaten, and total calories. See sample below. For activity, include name, minutes performed, and date of the activity.

**FOOD DIARY: DAY: EXAMPLE**

| Food Details                  | Quantity         | Calories   |
|-------------------------------|------------------|------------|
| <i>Oatmeal</i>                | <i>2 Packets</i> | <i>240</i> |
| <i>6 inch Club "Subway"</i>   | <i>1</i>         | <i>360</i> |
| <i>Grilled Chicken Breast</i> | <i>1</i>         | <i>220</i> |
| <i>Green Beans</i>            | <i>1/2 Cup</i>   | <i>40</i>  |
| <i>Coke</i>                   | <i>2 Cans</i>    | <i>240</i> |
| <i>Vanilla Ice Cream</i>      | <i>1 Cup</i>     | <i>190</i> |

| FOOD DIARY: Date _____ |          |          |
|------------------------|----------|----------|
| Food Details           | Quantity | Calories |
|                        |          |          |
| Physical Activity      |          |          |
| Activity Details       | Minutes  | Date     |
|                        |          |          |

| FOOD DIARY: Date _____ |          |          |
|------------------------|----------|----------|
| Food Details           | Quantity | Calories |
|                        |          |          |
| Physical Activity      |          |          |
| Activity Details       | Minutes  | Date     |
|                        |          |          |

| FOOD DIARY: Date _____ |          |          |
|------------------------|----------|----------|
| Food Details           | Quantity | Calories |
|                        |          |          |
| Physical Activity      |          |          |
| Activity Details       | Minutes  | Date     |
|                        |          |          |

| FOOD DIARY: Date _____ |          |          |
|------------------------|----------|----------|
| Food Details           | Quantity | Calories |
|                        |          |          |
| Physical Activity      |          |          |
| Activity Details       | Minutes  | Date     |
|                        |          |          |