

Food and Activity Journal

Write down everything you eat and drink. This includes water and zero calorie beverages. You should choose a day when you will eat as usual (**not** a holiday, special occasion, or weekend if you eat differently on those days).

Keep this diary with you for a full 24 hours and include:

- *How much* food you ate: be honest and accurate. An inaccurate food log is not helpful to anyone.
- Include *anything you add to food*, during or after cooking such as adding ketchup, mayo and pickles to a burger or oil to cook a stirfry dish.
- *Details* about convenience foods, meals eaten at restaurants, or fast food (brand names, where the meal is from such as McDonalds, etc)
- Write down *how the food was prepared* (this can affect the amount of calories). For example, a tuna salad sandwich can be made with oil or water packed tuna, white or wheat bread, regular or low-fat mayo, etc. Be as specific as possible.

Measure the food you eat during this activity to help you understand how much you eat and drink. Use scales, measuring cups, and measuring spoons instead of guessing.

Write down all your physical activity for the day. Planned activities include recreation (going for a hike or swim) and activities of daily life (housework, grocery shopping, etc).

Use additional paper if you need more room to record your journal. You can use your own paper or write this in a digital file. Be certain to include the same information on the food diary (next page).

If you take any supplements or herbs, list those as well. For example, Centrum Silver, one per day or chamomile tea with honey, 8 oz.

EXAMPLE OF HOW TO FILL IN YOUR FOOD JOURNAL:

| MEAL/TIME | FOODS/BEVERAGES | QTY/AMT | PLANNED EXERCISE/TIME |
|---|--|---|---|
| 11:20 am Lunch (first meal of the day) | Raisin bran (kellogs) Fresh banana Whole milk Cinnamon Peanut butter (smooth, Teddie) Coffee with cream and sugar | 1 cup 1 medium 6 oz ½ tsp 2 tbsp 8 oz with 1 tbsp cream & 1 tsp sugar | Walked 10 minutes around the block with my dog (3 pm) |

When you have finished your food and activity journal, you can take a photo of the form or complete digitally then email back to: sgall@mchvt.org

To return this form via mail, send to: Mountain Community Health, 61 Pine Street, Bristol VT 05443 Attn: Dr. Gall

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| SUPPLEMENTS & HERBS | | | |