American Medical Association

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Figure 4.2

Food and Activity Diary

As part of your dietary management plan, you may want to utilize a Food and Activity Diary. This sample log is a good tool to help you keep track of what you are eating and doing and when. Be sure to record the following information each day and review it with you health care provider at your next visit.

1. Date, time, and place of your meals, snacks, or nibbles.
2. Describe the foods eaten and estimate the portion size.
   - Meat, poultry, fish, and cheese are best described in ounces (3 oz. is approximately equal to the size of a deck of cards)
   - Vegetables and cut fruit are best described in relation to cups (1 cup is approximately the size of a woman's fist)
   - Beverages are best described in terms of fluid ounces (1 cup = 8 fluid ounces)
3. Rate your hunger before eating:

   0 = Not hungry and uninterested in eating
   1 = Not hungry but could still be interested
   2 = Neutral
   3 = Mild to moderately hungry
   4 = Moderately to extremely hungry
4. List, describe, and estimate the time spent on any physical activity performed throughout the day. Be specific.
5. Remember to also record the following:
   - All condiments (1 t. butter, 1 T. mayonnaise, 3 T. sour cream, etc.)
   - Combination foods by breaking them down (eg, 2 c. noodles, 1/2 c. marinara sauce)
   - How food is prepared (home, restaurant, fast food — baked, broiled, fried, etc.)

Time	Amount	Food selection	Hunger rating
12:30	1 large	onion pita	3
	3 oz.	turkey, white	
	2 oz.	American cheese	
	1 c.	lettuce	
	1 slice	tomato	
	8 oz.	yogurt, custard style	
	1 large	banana	
	16 oz.	root beer	

Type of activity (10 minutes per circle)

Laundry, cleaning house ●●○

Adapted with permission from the Wellness Institute, Northwestern Memorial Hospital

__/__/__ Sunday

Time	Amount	Food selection	Hunger rating

Type of activity (10 minutes per circle)

○○○

Water (8 fluid oz per circle)

○○○○○○○○○○○○

__/__/__ Monday

Time	Amount	Food selection	Hunger rating

Type of activity (10 minutes per circle)

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Water (8 fluid oz per circle)

○○○○○○○○○○○○

__/__/__ Tuesday

Time	Amount	Food selection	Hunger rating

Type of activity (10 minutes per circle)

○○○

Water (8 fluid oz per circle)

○○○○○○○○○○○○

This project was funded by the American Medical Association and The Robert Wood Johnson Foundation. • November 2003 SEE:03-0107:4M:11/03

Figure 4.2 Food and Activity Log (front)

Enlarge the activity log 127% from letter (8 1/2" x 11") to legal size (8 1/2" x 14") on a copy machine. You may make copies of this sheet to record information weekly.

___/___/___ **Wednesday**

Time	Amount	Food selection	Hunger rating

Type of activity (10 minutes per circle)

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Water (8 fluid oz per circle)

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___/___/___ **Thursday**

Time	Amount	Food selection	Hunger rating

Type of activity (10 minutes per circle)

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Water (8 fluid oz per circle)

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___/___/___ **Friday**

Time	Amount	Food selection	Hunger rating

Type of activity (10 minutes per circle)

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Water (8 fluid oz per circle)

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___/___/___ **Saturday**

Time	Amount	Food selection	Hunger rating

Type of activity (10 minutes per circle)

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Water (8 fluid oz per circle)

○○○○○○○○○○○○

Record your weight

_____

Figure 4.2 Food and Activity Log (back)

Enlarge the activity log 127% from letter (8 1/2" x 11") to legal size (8 1/2" x 14") on a copy machine. You may make copies of this sheet to record information weekly.