Instructions for Completing the Food and Activity Diary

1. Write down everything you eat or drink and activity you perform for at least three recent days (two weekdays and one weekend). Remember to include snacks and "tastes" between meals as well as "extra" activities such as walking between floors.

2. Keep track of the amounts of feed served in common portion sizes such as cups, tablespoons or describe size (e.g. 1 large banana -- 8" long).

3. Indicate how the food was prepared: fried, steamed, baked, raw.

4. Be as specific as possible. Instead of "Turkey sandwich," say, "Turkey sandwich made with 2 slices of Wonder Light whole wheat bread, 4 slices of Sara Lee deli select turkey breast, 1 tablespoon Hellman's reduced fat mayonnaise, and two 4-inch pieces of romaine lettuce.

5. List brand names of all food products, for example, oatmeal might be "Quick Quaker Oats."

6. Be sure to measure and record all those little extras: gravies, salad dressings, taco sauce, pickles, jelly, sugar, ketchup, margarine, etc. Indicate the amounts.

7. Attach recipes for any unusual items you prepare at home.

8. For activities, describe the activity type and intensity (e.g. "walked up three floors," "treadmill (450 cal)," "ran on HS track (3.5 mi)").

Food and Activity Diary

Name: _____ Ending Date ___/___/___

Time and Place	Foods Eaten	Duration (min)	Activity Performed	Duration (min)

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