

Food and Activity Diary

Keeping a food diary can double your weight loss. Use this tool to help you reach your weight loss goals.



NAME _____

DATE _____

INSTRUCTIONS

1. List all food and drinks that you had today, including water, in the diary below. For each item, include the amount as well as the time and place. Try to be as specific as possible.
2. Record your calories for the day using the information from food labels, a calorie-counting book such as *Calorie King: Calorie, Fat & Carbohydrate Counter* by Allan Borushek sold at most Kaiser Permanente pharmacies or Health Stores, or from Web sites such as calorieking.com or nutritiondata.com.
3. Rate how hungry you felt before you ate or drank on a scale from 1 (starving, feeling weak) to 10 (uncomfortably full or sick).
4. List your feeling/mood such as happy, sad, angry, tired, or depressed.
5. List all of your daily physical activity and length of time at the bottom of the diary in the "Daily Activity" section.
6. List other information, such as total calories eaten, in the "Comments" section.

PLACE	TIME	FOOD/BEVERAGE	AMOUNT	CALORIES	HUNGER RATING (1-10)	FEELINGS/ MOOD
home	7:30 a.m.	Strawberry yogurt	6 oz.	170	3	happy
DAILY ACTIVITY (type and duration)			COMMENTS			
Brisk walk for 30 minutes.						

