

Food and Activity Log

Instructions: make enough copies so you can complete a log for each of the next 7 days.

Date: _____

When I ate	What I ate	How I felt, where I ate or other factors that influenced my food choices	Using the Serving size guide, estimate the number of servings you ate:						
			Vegetables	Fruit	Meat and Alternatives	Milk and Alternatives	Grains	Fat	
Early morning									
Mid-morning									
Noon									
Afternoon									
Evening									
Late evening									
Total number of servings for the day for each food group									
Cups of water consumed (check them off as consumed): 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/>									
Physical activity at home, work and traveling to or from work:		Number of minutes spent in:							
Describe your activities		Light activity	Moderate activity	Vigorous activity	Sum of all physical activities	Sedentary leisure activities			
Total number of minutes per day									

Light activity Activities that do not make you breathe hard or sweat, such as strolling, light housework or stretching

Moderate activity Activities that make you feel warm and breathe harder than usual but you're still able to carry on a conversation without difficulty. Examples include brisk walking, gardening or recreational dancing

Vigorous activity Activities that make you sweat and breathe so hard it's difficult to carry on a conversation, such as running, climbing, biking up hills, very heavy gardening or very heavy lifting and carrying

Sedentary leisure activities Leisure activities that do not require any physical effort, such as watching TV, working or playing on the computer or reading