

FOOD & EXERCISE DIARY

Day: <i>Monday</i> Date: <i>April 1</i>						EXERCISE LOG			
FOOD:	CAL:	FAT:	H.L.:	MOOD:	ADDITIONAL INFO:	ACTIVITY:	TIME:	CAL. BURNED:	ENERGY:
<i>Morning: One English muffin</i>	<i>140</i>	<i>1</i>	<i>3</i>	<i>happy</i>	<i>at home in kitchen - alone</i>	<i>walking</i>	<i>25 min</i>	<i>96</i>	<i>medium</i>
<i>2 tbsp peanut butter</i>	<i>188</i>	<i>14</i>							
<i>1 tbsp apricot jam</i>	<i>55</i>	<i>0</i>							
<i>6 oz orange juice</i>	<i>84</i>	<i>0</i>							
<i>Noon:</i>									

Instructions:

Get started by printing out all four pages. Plan to keep track of what you eat for at least a week or longer. Fill in the day and date and write down everything you eat and drink starting with your first meal of the day. If your food has a label, copy down the calories and fat listed. Keep track of your water intake by checking off a glass for each eight ounces you drink.


"H.L." refers to hunger level and you can rate that on a scale from 1 to 5, with 1 being "full" and 5 being

"extremely hungry." It's also helpful to record your mood at the time you were eating. Were you happy, depressed or anxious? In the "additional information" area, write down anything that relates to the meal or snack (i.e. alone in front of the TV or at a restaurant with friends).

Refer to FoodFit's **Burner Calculator** (<http://www.foodfit.com/Tools/burner/Default.asp>) to figure out how many calories you burn during activities and record that in the exercise log. The "Energy" column refers to your energy level at the time you


were doing the activity. You can simply use "high," "medium" and "low" or use your own system of measurement.

The most important thing to remember when filling out the diary is to be honest. You're not going to gain any insight about your eating habits if you fudge and omit items or add additional exercise. This record is for you, so fill out as much or as little of the extra information as you find helpful. Look for more help in the future from FoodFit's upcoming **Food Fact Finder** Good luck!

Day: _____ Date: _____						EXERCISE LOG			
FOOD:	CAL:	FAT:	H.L.:	MOOD:	ADDITIONAL INFO:	ACTIVITY:	TIME:	CAL. BURNED:	ENERGY:
<i>Morning:</i>									
<i>Noon:</i>									
<i>Evening:</i>									
Totals:									
					Water: 				


FOOD & EXERCISE DIARY

Day: _____ Date: _____						EXERCISE LOG			
FOOD:	CAL:	FAT:	H.L.:	MOOD:	ADDITIONAL INFO:	ACTIVITY:	TIME:	CAL. BURNED:	ENERGY:
<i>Morning:</i>									
<i>Noon:</i>									
<i>Evening:</i>									
Totals:						Totals:			
					Water: 				

Day: _____ Date: _____						EXERCISE LOG			
FOOD:	CAL:	FAT:	H.L.:	MOOD:	ADDITIONAL INFO:	ACTIVITY:	TIME:	CAL. BURNED:	ENERGY:
<i>Morning:</i>									
<i>Noon:</i>									
<i>Evening:</i>									
Totals:						Totals:			
					Water: 				

FOOD & EXERCISE DIARY

Day: _____ Date: _____						EXERCISE LOG			
FOOD:	CAL:	FAT:	H.L.:	MOOD:	ADDITIONAL INFO:	ACTIVITY:	TIME:	CAL. BURNED:	ENERGY:
Morning:									
Noon:									
Evening:									
Totals:						Totals:			
		Water: 							

Day: _____ Date: _____						EXERCISE LOG			
FOOD:	CAL:	FAT:	H.L.:	MOOD:	ADDITIONAL INFO:	ACTIVITY:	TIME:	CAL. BURNED:	ENERGY:
Morning:									
Noon:									
Evening:									
Totals:						Totals:			
		Water: 							

FOOD & EXERCISE DIARY

Day: _____ Date: _____						EXERCISE LOG			
FOOD:	CAL:	FAT:	H.L.:	MOOD:	ADDITIONAL INFO:	ACTIVITY:	TIME:	CAL. BURNED:	ENERGY:
Morning:									
Noon:									
Evening:									
Totals:						Totals:			
					Water: 				

Day: _____ Date: _____						EXERCISE LOG			
FOOD:	CAL:	FAT:	H.L.:	MOOD:	ADDITIONAL INFO:	ACTIVITY:	TIME:	CAL. BURNED:	ENERGY:
Morning:									
Noon:									
Evening:									
Totals:						Totals:			
					Water: 