



Food and Exercise Journal Instructions

The following pages contain charts to help you keep track of your food/drink intake and exercise. Although it seems simple to record your daily activities and intake, here are a few guidelines to help:

1. Record your food intake, **fluid** intake, and exercise activities.
2. Be as specific as possible. For example, if you have a chicken breast for dinner, record the amount and how it was prepared - grilled, sautéed, fried, etc.
3. If you have something commercially prepared, such as Campbell's Chicken Noodle Soup, record this brand name with the other specifics.
4. If you are following the meal plan with the recommended portions, write the number of the meal or snack you have chosen.
5. Judge amounts of foods using measuring cups and spoons whenever possible. If you cannot use them, such as when at a restaurant, use the estimates below.
(this is not the best method since hand size varies, but it is better than nothing)

1 fist = 1 cup	thumb tip = 1 teaspoon
most yogurt containers = 8 oz.	1 handful = 1-2 oz. of snack foods (nuts)
1 ping-pong ball = 2 tablespoons	entire thumb = 1 oz. of cheese or hard food

6. Include condiments, spices, butter/margarine, oil, and any other additions to foods.
7. Include "why you ate what you ate" in the comments sections.
8. Include amount of time and intensity for exercise.
9. Go back and review your habits. Do you see any specific times when you overeat? Why do you think this pattern has developed? Do you have food triggers? Do you see any consistent improvements with habits? Are you REALLY following the meal plan? How is this correlating with your weight changes?

Examples:

Food Journal

Name: Jane Doe

Date: 11/1/06

<u>Time</u>	<u>Food/Drinks</u>	<u>Extra Description/ Preparation Method</u>	<u>Amount</u>	<u>Mood/Comments</u>
7:00 am	Old-fashioned Oatmeal	Cooked with water in microwave	1 Cup Cooked	Hungry
7:00 am	Brown Sugar	Loose, not hard packed	1.5 Tablespoons	" "
7:00 am	Orange Juice	From frozen, added calcium	16 ounces	" "
10:15 am	Snickers	Regular size candy bar	½ bar	Anxious, restless

Exercise Journal

Name: Jane Doe

Date: 11/1/06

<u>Time</u>	<u>Activity</u>	<u>Extra Description/ Intensity</u>	<u>Amount of Time</u>	<u>Mood/Comments</u>
12:00	Walking	Low intensity	20 minutes	Lunch break walk
4:30	Aerobics	Moderate-High intensity	45 minutes	Need stress release

