

FOOD and ACTIVITY LOG

Here are some basic instructions on how to fill out your Food and Activity Log.

FIRST....Record each food item eaten at meals and snacks. Write the amount eaten next to each food item.

SECOND....Give each meal and snack a Hunger Level Rating [HLR] as follows:

1-Not Hungry

2-Barely Hungry (not really hungry, would be fine without food for a couple hours)

3-Moderately Hungry (could postpone eating for an hour)

4-Very Hungry stomach growling, feel like need to eat soon)

5-Starving (symptoms of low blood sugar – shaky, weak, can't think very well, grouchy, nauseated, clammy)

THIRD.....Have you taken any kind of supplement today? Examples of supplements would be a multivitamin, vitamin C, or flax seed oil.

FORTH.....Record any physical activity for the day.

FIFTH.....Record sedentary time for the day. This includes sedentary time at work, reading, working on the computer, television watching, sewing, etc.

Here is an example of what your Food and Activity Diary might look like.

Meal Time	NOON
List Food & amount	2 CUP SALAD
	2 TBSP RANCH
Include	1/2 CUP COTTAGE CHEESE
Fluids	1 CUP 1% MILK
with	2 OZ HAM LUNCH MEAT
Calories	1/2 APPLE
HLR	4
Snack Time	4 P.M.
List Snack & amount	10 CORN CHIPS
	1/2 SALSA
HLR	4
Supplements	MULTIVITAMIN
Physical Activity	1/2 HR BASKET BALL @ PE
	1/2 HR WALK AFTER SCH
Sedentary Time	4 HR

Food and Activity Diary

Date:			
Meal Time			
List Food & amount			
Include			
Fluids			
with			
Calories			
HLR			
Snack Time			
List Snack & amount			
HLR			
Meal Time			
List Food & amount			
Include			
Fluids			
with			
Calories			
HLR			
Snack Time			
List Snack & amount			
HLR			
Meal Time			
List Food & amount			
Include			
Fluids			
with			
Calories			
HLR			
Snack Time			
List Snack & amount			
HLR			
Supplements			
Physical Activity			
Sedentary Time			