

Food and Activity Record

Use the forms provided on the next pages to keep track of the food you eat for 3 days. Then bring the food record with you to your appointment or group session with the dietitian.

Try to be as honest as possible. Don't change your diet just because you are tracking it. This will let us provide you with the most appropriate advice to help you achieve your goals.

Be sure to include as many details as possible about:

- The times at which you eat .
- The foods you eat. Include all food and candies.
- The fluids you consume. Include water, coffee, tea, milk, juice, pop, alcohol, and no sugar added drinks.
- The amount of each food (e.g. cups, tablespoons, or ounces).
- As indicated, under "Comments", detail activities, feelings, etc. related to what you consumed

For example:

Time of Day	Food	Drinks	Comments
9:30 am	1½ cups corn flakes 1 scoop whey protein (gives 21 grams of protein) 1 white toast 1 tsp Becel margarine 1 Tbsp strawberry jam	1 cup of 2% milk 2 cups water	

If you already use a computer or internet program to track your food, you may bring printed copies of that instead.

Date: _____

What time did you wake up at? _____

Time of Day	Food	Drinks	Comments

What time did you go to bed at? _____

Date: _____

What time did you wake up at? _____

Time of Day	Food	Drinks	Comments

What time did you go to bed at? _____

What time did you wake up at? _____

Time of Day	Food	Drinks	Comments

What time did you go to bed at? _____

Describe the activities you do throughout a normal week.

Day of Week	Time of Day	Activity and Intensity	Number of Minutes Spent
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			