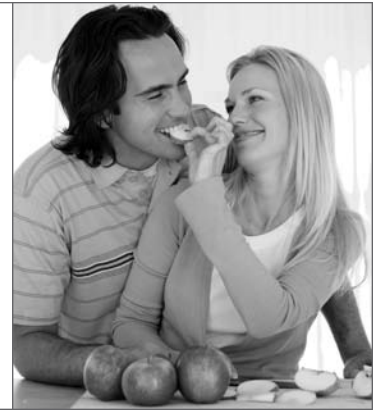


# Food and Activity Diary

Keeping a food diary can double your weight loss. Use this tool to help you reach your weight loss goals.



NAME \_\_\_\_\_

DATE \_\_\_\_\_

## INSTRUCTIONS

- List all food and drinks that you had today, including water, in the diary below. For each item, include the amount as well as the time and place. Try to be as specific as possible.
- Record your calories for the day using the information from food labels, a calorie-counting book such as *Calorie King: Calorie, Fat & Carbohydrate Counter* by Allan Borushek sold at most Kaiser Permanente pharmacies or Health Stores, or from websites such as [calorieking.com](http://calorieking.com) or [nutritiondata.com](http://nutritiondata.com).
- Rate how hungry you felt before you ate or drank on a scale from 1 (starving, feeling weak) to 10 (uncomfortably full or sick). Rate how full you felt after you ate (before you ate/after you ate).
- List your feeling/mood such as happy, sad, angry, tired, or depressed.
- List all of your daily physical activity and length of time at the bottom of the diary in the "Daily Activity" section.
- List other information, such as total calories eaten, in the "Comments" section.

PLACE	TIME	FOOD/BEVERAGE	AMOUNT	CALORIES	HUNGER RATING (1-10)	FEELINGS/ MOOD
home	7:30 a.m.	Strawberry yogurt	6 oz.	170	3/7	happy
<b>DAILY ACTIVITY</b> (type and duration)			<b>COMMENTS</b>			
Brisk walk for 30 minutes.						

