

Food and Physical Activity Diary

Why is this diary useful?

- Writing down what you eat, drink and any exercise that you do, can help you to manage your weight.

What do I have to do?

- First, keep a record of what you eat and any activity you do without changing anything – this can help you to look closely at how your current diet (types and amounts of foods) and activity levels might be affecting your weight.
- Record where you are and who you're with when you eat – this can help you to recognise triggers that effect your food choices.
- As you make lifestyle changes, continue to keep the food and activity diary as it can help to keep you on track.
- You'll get the most out of keeping the diary if you take some time out each day to reflect on what you've written down. Look at what you've eaten and add up your minutes of activity for the day – do the results match your plans for that day? If not, what could you change tomorrow?

Who will see my diary?

- The diary is for you, to help you to pick out eating or activity patterns that are affecting your weight loss plans.
- The diary should not be 'marked' as good or bad by a health care professional. However, sometimes it can be helpful to sit down with a health care professional (such as your GP, practice nurse or dietitian) and talk to them about the diary – working together can help you to find solutions.

Top tips

- ✓ Write down everything that you eat and drink – no matter how big or small!
- ✓ Try to keep the diary with you and fill it in as you go. Filling it in at the end of the day is less accurate as it can be difficult to remember what you ate (especially snacks) or any activity you did!
- ✓ Make sure to include weekend days – the foods you eat and your activity levels may be very different at the weekend to weekdays.
- ✓ The more you put into the diary, the more you'll get out of it. Recording the portion size (in household measures for example slices of bread, tablespoons of pasta, mugs of milk etc) as well as the type of food and cooking method (grilled, fried, boiled etc) gives you a fuller picture of how your diet might be affecting your weight

Instruction: Please record your food intake and physical activity for 5 days, at least one of which should include a weekend day.

FOOD DIARY

Day: _____

Time	Food / drink	Amount	Where was I and who was I with?	Was I hungry?	Thoughts / comments/feelings?

* Have you included snacks and drinks?

PHYSICAL ACTIVITY DIARY

Aerobic: Walking, Swimming, Aqua-aerobics, Cycling, Cross Trainer, Stepper, Dancing Sports, Sit to stand, Exercises sheet

Muscle Strength Training: Arm or Leg weights: Stretchy band, free weights, Abdominal/Pilates exercises sit ups, push ups.

Household chores: Cooking, Gardening, Cleaning, Hoovering, etc.

	Physical Activity Type Intensity (Light, Moderate, Vigorous) Minutes Taken				Total Minutes (minutes)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

