

Food and Activity Journal

SAMPLE Day One

Date: _____

TIME	Food and Drink (type and amount)	Physical Symptoms, Thoughts, Feelings	Am I hungry?
7:30 a.m.	2 pieces of toast with a spread of butter, 2 cups of coffee	I was running late, so I grabbed something quick.	Yes
9:30 a.m.	1/2 banana, 1 container of blueberry yogurt	In between meetings at work, I wanted to eat something light.	Somewhat
12:30 p.m.	2 slices of pepperoni pizza, a side garden salad with Italian dressing, 1 bottled water	Growling stomach, I was starved! It was great to take a break from work.	YES!
3:30 p.m.	1 can of diet cola, a small bowl of chips with salsa and cheese dip	A co-worker brought a treat for everyone, I just had to sample it.	Not really
7 p.m.	1 grilled chicken breast, 1 baked potato with 2 spoonfuls of sour cream and 1 spoonful of margarine, 1 helping of broccoli, 1 brownie square, 2 glasses of iced tea	After playing outside for a bit with the kids, definitely ready to eat.	Yes
9 p.m.	2 oatmeal raisin cookies with a glass of reduced fat milk	I was craving something sweet.	Sort of

WHAT DID I DO TO BE ACTIVE TODAY (include time)

- Walked the dog around the block for 20 minutes.
- Played soccer in the back yard with the kids for about an hour.

WHAT DID I DO FOR MYSELF TODAY ("Me Time")

- Listened to music at my desk while at work.
- Read a book for an hour before bed.

FOOD FOR THOUGHT

(notes, goals, insights, challenges, reminders, questions)

- Question: Is it ok to eat late in the evening or before bed?
- It felt good to play outside with the kids, even though I was tired. I felt better afterwards.
- Tomorrow, I hope to be more active.

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