

Weight: _____

Food Diary

Date: _____

| Day | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| <p>My Goal for Today</p> <p>Write down all food & drink consumed. Also write the following:</p> <ul style="list-style-type: none"> -Time you eat -Amount consumed -What triggered the eating (Eating Triggers: triggers can be mood related (happy, content, bored, depressed, neutral, tired, anxious, angry, sad, lonely, stressed, worried, excited, etc.) or events like eating out, having a bad day, fight with spouse, getting good news, getting a raise) -Hunger level before eating and again after eating <p>Hunger/Fullness Key: 1 = starving, weak, lightheaded, dizzy 5 = neutral – not hungry or full 10 = uncomfortably full or “sick”</p> | | | | | | | |
| Goal Met | Yes or No |



Weight: _____

Physical Activity and Pedometer/Odometer Diary

Date: _____

| Day | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| My activity goal for today | | | | | | | |
| Physical activity I did today | | | | | | | |
| Minutes of activity | | | | | | | |
| Pedometer steps or odometer distance | | | | | | | |
| Goal Met | Yes or No |

