

## Food and Activity Log

**Instructions:** make enough copies so you can complete a log for each of the next 7 days.

Date: \_\_\_\_\_

When I ate	What I ate	How I felt, where I ate or other factors that influenced my food choices	Using the Serving size guide, estimate the number of servings you ate:						
			Vegetables	Fruit	Meat and Alternatives	Milk and Alternatives	Grains	Fat	
Early morning									
Mid-morning									
Noon									
Afternoon									
Evening									
Late evening									
<b>Total number of servings for the day for each food group</b>									
<b>Cups of water consumed (check them off as consumed):</b> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/>									
Physical activity at home, work and traveling to or from work:		Number of minutes spent in:							
Describe your activities		Light activity	Moderate activity	Vigorous activity	Sum of all physical activities	Sedentary leisure activities			
<b>Total number of minutes per day</b>									

**Light activity** Activities that do not make you breath hard or sweat, such as strolling, light housework or stretching

**Moderate activity** Activities that make you feel warm and breath harder than usual but you're still able to carry on a conversation without difficulty. Examples include brisk walking, gardening or recreational dancing

**Vigorous activity** Activities that make you sweat and breath so hard it's difficult to carry on a conversation, such as running, climbing, biking up hills, very heavy gardening or very heavy lifting and carrying

**Sedentary leisure activities** Leisure activities that do not require any physical effort, such as watching TV, working or playing on the computer or reading