

# Food and Activity Journal

## How to fill in this journal:

- Write down everything you eat and drink. You may want to record **one weekday** (or **workday**) and **one Saturday** or **Sunday** (or **day off**).
- Include:
  - How much food you ate. See the suggestions below to estimate portion sizes. If the food comes in a package, just write down the package size (example: 175 mL container of yogurt).
  - How the food is cooked (for example: fried, baked, boiled, barbecued)
  - Anything you add to food, during, or after cooking. Example: cream, sugar, oil, butter, jam, syrup, ketchup or other sauces, dressings, or condiments.
  - Details about restaurant foods, fast foods, or packaged foods (for example: McDonald's Big Mac® or KFC® chicken).
- Measure the food you eat for a day or two to help you understand how much you eat and drink. Use measuring cups and spoons.
- Write down all your **activities** for the day. Include planned activities (going for a walk or swim) and activities of daily life (housework or grocery shopping). Comments may include where you ate, your mood, or stress level.
- Use more paper if you need to, or photocopy the back page of this handout.
- Read over your journals to see what is working well and what you may want to change.
- Keep on tracking. Use this tool to help you meet your goals or to make new goals.

## To estimate portion sizes, use the guidelines below:

This amount of food:	...is about the same size as:
2½ oz (75 g) of meat	a hockey puck
1½ oz (50 g) of cheese	2 white erasers
1 cup (250 mL)	a baseball or fist
½ cup (125 mL)	a hockey puck
1 medium piece of fruit	a tennis ball
2 Tbsp (30 mL)	1 golf ball
¼ cup (60 mL)	2 golf balls
1 tsp (5 mL) – use for butter, margarine, mayonnaise	a thumb tip or one die

## Example of how to fill in your journal:

Day of week: Monday

Time	Food/Drink and Description	Amount Eaten	Activity and Comments
7:30 a.m.	Milk 1% Oatmeal (Quaker® Quick Oats) Brown sugar 100% whole wheat bread Margarine, non-hydrogenated Banana, medium	1 cup ¾ cup 5 mL 1 slice 5 mL 1	Breakfast at home  Walked 10 minutes
1 p.m.	Microwave popcorn (100 calorie bag)	1 bag	Afternoon snack watching TV
<b>Continue to fill in the information for the rest of the day.</b>			

Day of week: \_\_\_\_\_

Time	Food/Drink and Description	Amount Eaten	Activity and Comments