

Food & Activity Journal



Adapted with permission from Am I Hungry? What To Do When
Diets Don't Work May M, Galper L and Carr J.
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AIM HI
Americans In Motion - Healthy Interventions
AAFP National Research Network

DAY _____

Why Keep a Food & Activity Journal?

Awareness is an important part of making lasting changes for healthy living. Keeping a journal is an easy way to become aware of what you eat, what you do, how you feel and any patterns you may have.

How to Use Your Journal

- ★ Write in your journal every day and reflect on what you may have learned that day.
- ★ Write down times to help you figure out any patterns (when you ate, how long you were active).
- ★ Try to keep your journal with you at all times to write things down before you forget. Keep it in your purse, the car, or your kitchen.
- ★ In case you don't have your journal with you, write a note and add it later.
- ★ Remember to bring it back to your next doctor's appointment.

Looking Back...to Move Forward

Each day look at what you wrote down in your journal and find ways to make small, healthy changes in your daily life. You may be surprised by what you find out and how valuable your newfound knowledge can be.

Whether you are trying to lose weight, or simply trying to improve your health, the choices you make each day make a difference.

Physical Symptoms,
Thoughts, Feelings

Am I hungry?

FOOD FORTHOUGHT (Notes, goals, insights, challenges, reminders, questions)

Date: _____

TIME	Food and Drink (type and amount)
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WHAT DID I DO TO BE ACTIVE TODAY? (Include time)

WHAT DID I DO FOR MYSELF TODAY? ("Me time")

Taking it All In

- ★ Write down what you eat and drink each day starting when you wake up and ending when you go to bed.
- ★ Try to include how much you ate (portion sizes). If you're not sure, just estimate. This will help you see how much you eat each day.
- ★ Jot down symptoms, thoughts and feelings for each entry to help you see why you make certain choices.
- ★ To understand why you want to eat (hunger, mood, routine, etc.), ask yourself "Am I hungry?" and take note of this in your journal.

Taking it in Stride

- ★ Write down your physical activity each day—include what kind of things you did and how much time you spent doing them (like working out for 30 minutes).
- ★ Be sure to include everyday activities like doing household chores, taking the stairs, walking to the bus, and walking the dog.

Taking Care of Your Whole Self

- ★ Jot down anything that may reflect how you feel each day.
- ★ Be sure to include hobbies and time spent with others.

Food for Thought

- ★ For each day, write down what comes to mind—any goals, insights or questions you may have.
- ★ Include questions and concerns you want to discuss with your family doctor at your next visit.

Date: Monday, May 17

DAY _____

TIME	Food and Drink (type and amount)	Physical Symptoms, Thoughts, Feelings	Am I hungry?
7:30 am	2 pieces of toast with a spread of butter or a bowl of cereal, 2 cups of coffee		
9:30 am	1/2 banana, 1 container of blueberry yogurt		
12:30 pm	2 slices of pepperoni pizza, a side garden salad with Italian dressing, 1 bottled water		
3:30 pm	1 can of diet cola, a small bowl of chips with salsa and cheese dip		
7:00 pm	2 tacos, black beans or baked chicken, 1 baked potato with 2 spoonfuls of sour cream and 1 spoonful of margarine, 1 helping of collard greens or broccoli, 1 brownie square, 2 glasses of iced tea		
9:00 pm	2 oatmeal raisin cookies with a glass of reduced fat milk		

WHAT DID I DO TO BE ACTIVE TODAY? (Include time)

Walked the dog around the block for 20 minutes. Played soccer in the backyard 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 20 minutes before bed.

FOOD FOR THOUGHT (Notes, goals, insights, challenges, reminders, questions)

Date: _____

SAMPLE DAY ONE

TIME	Food and Drink (type and amount)	Physical Symptoms, Thoughts, Feelings	Am I hungry?
		<p>I was running late, so I grabbed something quick.</p> <p>In between meetings at work, I wanted to eat something light.</p> <p>Growling stomach, I was starved! It was great to take a break from work.</p> <p>A co-worker brought a treat for everyone, I just had to sample it.</p> <p>After playing outside for a bit with the kids, definitely ready to eat.</p> <p>I was craving something sweet.</p>	<p>Yes</p> <p>Somewhat</p> <p>YES!</p> <p>Not really</p> <p>Yes</p> <p>Sort of</p>

WHAT DID I DO TO BE ACTIVE TODAY? (Include time)

WHAT DID I DO FOR MYSELF TODAY? ("Me time")

FOOD FORTHOUGHT (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.

Date: _____

DAY _____

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