Food and Activity Log

Name: _____ **Date:** _____

Instructions:

1. List all foods and beverage that you consumed today. For each entry, include the amount consumed as well as the time and place.
2. Using a calorie-counting book or Web site, record all calories for the day.
3. In the final column, rate how hungry you felt *before* you ate or drank on a scale from 0 (not hungry) to 4 (starving or overly hungry).
4. At the bottom of the log, list all of your daily activity with the length of time you spent doing each activity and check off a box for each 8-ounce glass of water you drink.
5. Use the comments section to write additional information such as total calories consumed.

Place	Time	Food/Beverages	Amount	Calorie Counter	Hunger Rating (0–4)
Home	*8:30 AM*	*Blueberry yogurt*	*6 ounces*	*170 cal*	*1*

Daily Activity (type and duration)	Comments
Water (check one box for each 8-ounce glass) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	

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