

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> <p>-Time you eat</p> <p>-Amount consumed</p> <p>-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)</p> <p>-Hunger level before eating and again after eating</p> <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	Yes or No	Yes or No	Yes or No	Yes or No	Yes or No	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	Yes or No	Yes or No	Yes or No	Yes or No	Yes or No	Yes or No

