

# **MOVE!** Group Sessions Food and Physical Activity Diary

www.move.va.gov



# Food Diary (sample)

Date: May 1 5+ 2007

Day	Sun	Mon	Tue	Wed	Thu	Fri	Sat
My Goal for Today	Cut down on butter						The second secon
Write down all food & drink consumed. Also write the following: Time you eat:	oatmeel 1% milk tsp splenda 1 English mußilin low sugna jam Hungea 2 byere to after 10th 120 calorie	-					
eating (Eating Triggers: triggers can be mood related (happy, content, bored, depressed, neutral, tired, anxious, angry, sad, lonely, stressed, worried,	orange 4 byre?  ofter  122+ 1g. gorden  Salad 2+b1s+get  ranch dressing,  grilled chicken  breast. Sm. roll  no butter. Hunger  3 bayre 7 often						
excited, etc.) or events like eating out, having a bad day, fight with spouse, getting good news, getting a raise.)	3º Chocolate muffin-medium Borad · Hunger 5 before l'after 6º Medium boul Spagnetti ! 4						
Hunger level before eating and again after eating (Hunger/Fullness Key: 1 = starving, weak, lightheaded, dizzy 5 =	size salad with low fat Ranch Hunger 3 Byers and 7 After						
neutral – not hungry or full 10= uncomfortably full or "sick")	bay of popularing no added butter In happy mood						
Goal Met	(Yes)or No	Yes or No	Yes or No	Yes or No	Yes or No	Yes or No	Yes or No

عدمه لله # 3 Weight: <u>218</u>

# Physical Activity and Pedometer/Odometer Diary

Date: May 15 2007

(sample)

Janpiej												
Day	Sun	Mon	Tue	Wed	Thu	Fri	Sat					
My activity goal for today	Walk 30 minutes today at one time	Do fleribility expercises										
Physical activity I did today	WALKED to	WAIKed 10 minutes white waiting for move! Meeting to bugin Mowed lawn for 30 min Dio Move! Handout Stretches you 10 min. WAIKed 15 min. at Lunch										
Minutes of activity	30min.	65 min.										
Pedometer steps or odometer distance	3500 staps	7800 Steps										
Goal Met	Yes or No	Yes or No	Yes or No	Yes or No	Yes or No	Yes or No	Yes or No					

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