Food & Activity Diary

Day: _____ Date: _____ Pedometer count: _____steps

Time	Description of food or drink	Hunger score	Approx. amount	Where eaten	Trigger / Activity	Activity	Time	Mins. on feet	Intensity scale

Total time on feet: _____ mins Moderate exercise: _____ mins High exercise: _____mins

Activity intensity scale: Low (L) Medium (M) High (H)
Hunger score: 0 = Not hungry at all, 1 = Not hungry but urge for small bites, 2 = Urge to eat, 3 = Feeling hungry, 4 = Very hungry, 5 = Starving