

Food & Activity Diary (Example)



Day: **Monday**

Date: **20 August 2007**

Pedometer count: **4580** steps

Time	Description of food or drink	Hunger score	Approx. amount	Where eaten	Trigger / Activity	Activity	Time	Mins. on feet	Intensity scale
0700	Fried Bee Hoon (plain)	3	1 plate	Coffee shop	Routine	Walking to coffee shop	0650 - 0700	10min	L
	Coffee (creamer + sugar)		1 cup			Walking to MRT station	0730 - 0740	10min	L
0930	Biscuit with cream	2	4 pieces	In office	Stressful	Walking to office	0810 - 0825	15min	L
	Water		Half cup			Walk 3 flights of stairs	0900	3min	M
1230	Chicken rice (roasted)	4	1 plate	Hawker		Run down 3 flights of stairs	0915	3min	M
	Bandung		1 glass			Walking to hawker center	1220	10min	L
1500	Pisang goreng	1	2 pieces	In office	Bored	Walking back to office	1300	10min	L
	Coffee (sugar)		1 cup			Walking - field inspection	1330 - 1430	30min	L
1700	Chocolate cake	2	1 slice	In office	Staff party	Sitting at desk	1500 - 1700	Nil	nil
	Water					Walking to MRT station	1840 - 1850	10min	L
1930	KFC Chicken thigh (crispy)	5	2 pieces	Friend's	Gathering	Walking to friend's home	1900-1950	10min	L
	Coleslaw		Small x1	house		Driven home by friend	2145	Nil	nil
	Potato + gravy		Small x1			Walk 4 flights of stairs home	2155	5min	M
	Coke		1 can			Laundry by hand	2220 - 2235	15min	L
2330	Potato chips (Big pack)	1	Half pack	Home	Watch TV	Watching TV & snacking	2330	Nil	nil
						Bed	0030 - 0600	Nil	nil

Total time on feet: **131** mins Moderate exercise: **26** mins High exercise: **0** 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