MOVE! Group Sessions
Food and Physical Activity Diary

Week #3
Weight: 218

Food Diary (sample)

Date: May 1st 2007

Day	Sun	Mon	Tue	Wed	Thu	Fri	Sat
My Goal for Today	Cut down on butter						
Write down all food & drink consumed. Also write the following: Time you eat: Amount consumed: 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.) Hunger level before eating and again after eating (Hunger/Fullness Key: 1 = starving, weak, lightheaded, dizzy 5 = neutral – not hungry or full 10= uncomfortably full or "sick")	7ª – med. bowl oatmeal 1% milk +sp splenda 1 English muffin low sugar jam Hunger 2 before 6 after 10ª 120 calorie granola bar, 1 orange 4 before 7 after 12²²ᵖ lg. garden salad 2 tbls + fat ranch dressing, grilled chicken breast. Sm. roll no butter. Hunger 3 before 7 after 3ᵖ Chocolate muffin – medium Bored. Hunger 5 before 8 after 6ᵖ Medium bowl Spaghetti ! 4 meatballs. Small side salad with low fat Ranch Hunger 3 Before and 7 After 8ᵖ Small bag of popcorn 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

Week # 3
Weight: 218

Physical Activity and Pedometer/Odometer Diary (sample)

Date: MAY 1st 2007

Day	Sun	Mon	Tue	Wed	Thu	Fri	Sat
My activity goal for today	Walk 30 minutes today at one time	Do flexibility exercises					
Physical activity I did today	Walked to grocery store (10 min) Took at 20 minute non stop walk	Walked 10 minutes while waiting for MOVE! meeting to begin Mowed lawn for 30 min Did MOVE! Handout stretches for 10 min. Walked 15 min. at lunch					
Minutes of activity	30 min.	65 min.					
Pedometer steps or odometer distance	3500 steps	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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Physical activity I did today							
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