Daily Food and Physical Activity Diary

Instructions for Completing the Daily Food and Physical Activity Diary

MOVE!® is all about helping you manage your weight. This diary is designed to help you monitor your weight, physical activity, and dietary intake. This will be one of your most valuable tools to reach your goals because it will increase your awareness and help you change. Complete the diary as frequently as possible. It is worth the effort!

Food and Beverages

1. In the top section of the diary:
   - Write your name and the date.
   - Fill in your daily calorie goal. Use this chart to select your calories.
   - Set a weekly food goal to improve your diet. Example: “I will cut down on calories by eliminating snacking while watching TV in the evenings this week,” or “I will drink water or sugar-free beverages in place of regular soda this week.”

2. Weigh yourself daily and record your weight in the header row, next to the day.

3. Write down everything you eat and drink, and the amount. If you know the measured amount, list it. If you don’t know the exact amount then estimate the size (2” x 1” x 1”), the volume (½ cup), the weight (2 ounces), and/or the number of items (12) of that type of food. Include as much detail as possible.

4. Complete the line that has “M PC H” listed:
   - Circle M if you were mindful (aware of what & how much you ate).
   - Circle PC if the meal was portion-controlled (see Handout S06, Making Healthy Food Choices with a Healthy Plate).
   - Circle H if the meal was healthy (see Handout S06).
   - Mark the numbers on 1–10 Hunger/Fullness rating scale (1=starving, 5=neither hungry nor full, 10=uncomfortably full)
     - Place an X over the number that represents the Pre-meal hunger/fullness level.
     - Draw a circle around the number that represents the Post-meal hunger/fullness level.

5. Fill in a word to describe your mood (happy, content, sad, angry, lonely, excited, exhausted, bored, anxious, fearful, or any other emotion).

6. Use a calorie counter to enter total calories for the day. Purchase a booklet, use a Web site or a Smartphone App to count calories easily.

7. At the end of the day, circle whether you met your goal for the day:
   - If you met your goal, circle “I did it!”
   - If you almost met your goal, circle “Almost.”
   - If you didn’t achieve your goal, circle “Try again.”

<table>
<thead>
<tr>
<th>Current Weight</th>
<th>Daily Calorie Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 200 pounds</td>
<td>1200–1500 calories per day</td>
</tr>
<tr>
<td>200–225 pounds</td>
<td>1500–1800 calories per day</td>
</tr>
<tr>
<td>226–250 pounds</td>
<td>1800–2000 calories per day</td>
</tr>
<tr>
<td>251–300 pounds</td>
<td>2000–2500 calories per day</td>
</tr>
<tr>
<td>301–350 pounds</td>
<td>2500–3000 calories per day</td>
</tr>
<tr>
<td>Over 350 pounds</td>
<td>See a MOVE!® Dietitian</td>
</tr>
</tbody>
</table>
Physical Activity

1. Write your weekly physical activity goal on the top line. Example: “I want to walk 15 to 30 minutes per day for 4 out of 7 days this week and do strength training twice a week. I will also look for additional ways to be active throughout the day, like taking the stairs instead of the elevator, three times a day.” Refer to Handout S02, Set Your Weight Loss Goals, for an explanation of how to set a SMART goal.

NOTE: You do not need to do all four types of activity each day. See below for descriptions and guidance for recommended amounts of physical activity. Refer to the sample plan to see how to spread out the types of activities over the week.

2. **Aerobic activity** is when the body’s large muscles move together and your heart beats faster than usual. Examples include aerobics, swimming, running, walking, kickboxing, dancing, and cycling. This type of activity burns the most calories and promotes weight loss. In this box, write down what you did, how long you did it, and/or the number of steps/wheelchair revolutions.

3. **Strengthening activity** is when the body’s muscles work against a force or weight. Examples include elastic bands, weights, or body weight. In this box, write down the type of strength training and how many repetitions and sets of each exercise you performed.

4. **Flexibility (stretching)** lengthens a muscle. This makes a muscle feel loose while increasing range of motion. Examples include self-stretch, yoga, Pilates, and chair stretching routines. In this box, write down the type of stretch you participated in.

5. **Lifestyle activity** occurs during normal, everyday activity such as vacuuming, walking the dog, mowing the lawn, participating in a walking meeting at work, or dancing.

6. **Recommended Amounts of Physical Activity**
   - **Aerobic:**
     - Weight Loss: 300 minutes (5 hours) per week. Start with what you can do and build to 300 minutes over time.
     - Health/Weight Maintenance: 150 minutes (2½ hours) per week, in periods of at least 10 minutes.
   - **Strength:** Do strength training 2–3 times/week. Each exercise should be repeated, completing 8–12 repetitions.
   - **Flexibility/Stretching:** Be sure to stretch after each workout, whether it’s aerobic or strength.
   - **Lifestyle Activity:** Get as much as you can.

7. At the end of the day, circle whether you met your goal for the day:
   - If you met your goal, circle “I did it!”
   - If you almost met your goal, circle “Almost.”
   - If you didn’t achieve your goal, circle “Try again.”

8. At the end of each week, total your aerobic activity (in minutes). At the end of each week, add your daily aerobic totals together to determine your weekly aerobic time.
**Daily Food and Physical Activity Diary**

Name: **John H. Hero**  
Date: **April 1**  
Daily Calorie Goal: **2000** (see instructions or Standard Handout S01 for guidance)

**Weekly Food Goal:** I will drink water or diet colas instead of regular sodas this week.

**NOTE:** Include everything you eat and drink in your diary.

<table>
<thead>
<tr>
<th>Day / Weight</th>
<th>Sunday / 267</th>
<th>Monday / 266.5</th>
<th>Tuesday / 266.5</th>
<th>Wednesday / 266</th>
<th>Thursday / 266.3</th>
<th>Friday / 266.2</th>
<th>Saturday / 265.8</th>
</tr>
</thead>
</table>
| **Breakfast** (6am–10am) | 8 oz orange juice  
1 cup raisin bran  
½ cup 2% milk  
1 tsp sugar sub.  
2 slices wheat toast  
1 cup coffee | 1 cup oatmeal  
½ cup 2% milk  
1 tsp sugar sub.  
1 English muffin  
2 tbsp no sugar jam  
1 cup coffee | 1 hard-boiled egg  
3 oz ham  
2 slice toast  
1 tsp no sugar jam  
8 oz tomato juice | 2 biscuits and ½ cup gravy  
2 scrambled eggs  
1 cup Cantaloupe  
8 oz orange juice | 1 cup oatmeal  
½ cup 1% milk  
1 cup coffee | 3 pieces French toast  
3 Tbsp lite maple syrup  
1 Tbsp margarine  
1 cup 1% milk | 1 ½ cups raisin bran  
1 plum  
1 cup coffee  
½ cup 1% milk |
| **M**=Mindful  
**PC**=Portion Control  
**H**=Healthy | Mood: excited | Mood: content | Mood: neutral | Mood: sad | Mood: ok | Mood: neutral | Mood: happy |
| **Lunch** (11am–2pm) | large salad (4 oz grilled chicken)  
2 tbsp ranch  
1 cup green bean  
½ banana  
water w/lemon | large garden salad  
4 oz tuna in water  
2 tbsp low-fat blue cheese  
1 small dinner roll  
no butter | 2 large slices mushroom & onion  
thin crust pizza side salad  
2 tbsp Italian dressing | 1 protein shake  
1 pear  
8 oz water | grilled chicken on wheat bun  
1 small order fries  
1 small diet coke | tuna salad sub  
1 bag of chips  
1 pickle  
1 diet coke  
1 small cookie | vegetable salad  
1 cup Greek yogurt  
2 tbsp oil and vinegar dressing  
8 oz water |
| **Dinner** (5pm–8pm) | turkey and provolone cheese sandwich on wheat  
1 tbsp mustard  
1 bag chips  
1 diet coke | 8 oz spaghetti  
+ small meatballs side salad  
diet jello  
8 oz water | 6 oz baked chicken without skin  
2 tbsp BBQ sauce + margarine  
1 cup broccoli  
8 oz water | 6 oz salmon  
1 cup spinach  
½ cup baked potato with 1 tbsp low-fat sour cream and 1 tbsp margarine  
8 oz water | 6 oz grilled sirloin steak  
1 cup sautéed mushrooms  
¾ cup scalloped potatoes | 2 chicken soft tacos  
1 ¼ cup black beans  
20 chips with salsa  
½ cup yellow rice  
1 skinny margarita | 1 ½ cup cheese ravioli  
side salad  
1 piece garlic bread  
8 oz water |
| **Snacks & Beverages** (between meals) | 90-calorie granola bar  
2 cups popcorn  
1 medium apple | orange  
120-calorie granola bar  
1 medium chocolate muffin | celery  
Carrots  
2 tbsp peanut butter  
150-calorie frozen yogurt cone | 2 string cheese  
15 almonds | celery and carrots  
2 tbsp peanut butter | | |
| Mood: happy | Mood: anxious | Mood: angry | Mood: sad | Mood: happy | Mood: content | |

**Total Calories**  
- **Monday:** 1938  
- **Tuesday:** 2399  
- **Wednesday:** 2175  
- **Thursday:** 1718  
- **Friday:** 2720  
- **Saturday:** 1625

**Goal Met?**  
- **Monday:** I did it  
- **Tuesday:** Almost Try again  
- **Wednesday:** I did it Try again  
- **Thursday:** I did it Almost Try again  
- **Friday:** I did it Almost Try again  
- **Saturday:** I did it Almost Try again

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Physical Activity Weekly Goal: I want to be physically active 5 days this week through walking, aerobic exercise, and participate in 2 days of strength training.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobic (Type, Time/Steps/Wheelchair Revolutions)</td>
<td>Aerobic (Type, Time/Steps/Wheelchair Revolutions)</td>
<td>Aerobic (Type, Time/Steps/Wheelchair Revolutions)</td>
<td>Aerobic (Type, Time/Steps/Wheelchair Revolutions)</td>
<td>Aerobic (Type, Time/Steps/Wheelchair Revolutions)</td>
<td>Aerobic (Type, Time/Steps/Wheelchair Revolutions)</td>
</tr>
<tr>
<td>Pedometer: 9,558 steps</td>
<td>Pedometer: 12,200 steps</td>
<td>Pedometer: 16,459 steps</td>
<td>Pedometer: 4,326 steps</td>
<td>Pedometer: 11,009 steps</td>
<td>Pedometer: 13,988 steps</td>
</tr>
<tr>
<td><strong>Aerobic</strong></td>
<td><strong>Aerobic</strong></td>
<td><strong>Aerobic</strong></td>
<td><strong>Aerobic</strong></td>
<td><strong>Aerobic</strong></td>
<td><strong>Aerobic</strong></td>
</tr>
<tr>
<td>20 minutes on elliptical</td>
<td>45-minute water aerobics class</td>
<td>10-minute bike ride 30 minute treadmill</td>
<td>45-minute water aerobics class</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Strength</strong></td>
<td><strong>Strength</strong></td>
<td><strong>Strength</strong></td>
<td><strong>Strength</strong></td>
<td><strong>Strength</strong></td>
<td><strong>Strength</strong></td>
</tr>
<tr>
<td>Type: resistance Band (12 exercises)</td>
<td>Type: resistance Band (12 exercises)</td>
<td>Type: resistance Band (12 exercises)</td>
<td>Type: free weights and body weight exercises</td>
<td>Type: free weights and body weight exercises</td>
<td>Type: free weights and body weight exercises</td>
</tr>
<tr>
<td>Sets: 2</td>
<td>Sets:</td>
<td>Sets:</td>
<td>Sets: 3</td>
<td>Sets:</td>
<td>Sets:</td>
</tr>
<tr>
<td><strong>Flexibility</strong></td>
<td><strong>Flexibility</strong></td>
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<td>Type:</td>
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<td>Type:</td>
<td>Type:</td>
<td>Type:</td>
</tr>
<tr>
<td>10-minute stretch of lower body</td>
<td>5-minute stretching after strength training routine</td>
<td>1-hour yoga class</td>
<td>15-minute stretch in pool</td>
<td>20 minutes stretching</td>
<td></td>
</tr>
<tr>
<td><strong>Lifestyle Activity</strong></td>
<td><strong>Lifestyle Activity</strong></td>
<td><strong>Lifestyle Activity</strong></td>
<td><strong>Lifestyle Activity</strong></td>
<td><strong>Lifestyle Activity</strong></td>
<td><strong>Lifestyle Activity</strong></td>
</tr>
<tr>
<td>(Type/Time)</td>
<td>(Type/Time)</td>
<td>(Type/Time)</td>
<td>(Type/Time)</td>
<td>(Type/Time)</td>
<td>(Type/Time)</td>
</tr>
<tr>
<td>Two 10-minute walks</td>
<td>15-minute walk at lunch</td>
<td>shopping at the mall for 1 hour parked at back of parking lot 30-minute dance lesson</td>
<td>moved the grass with push mower weeded the garden washed the car</td>
<td>18 holes of golf walking course</td>
<td></td>
</tr>
<tr>
<td><strong>Goal Met?</strong></td>
<td><strong>Goal Met?</strong></td>
<td><strong>Goal Met?</strong></td>
<td><strong>Goal Met?</strong></td>
<td><strong>Goal Met?</strong></td>
<td><strong>Goal Met?</strong></td>
</tr>
<tr>
<td>(I did it) Almost Try again</td>
<td>(I did it) Almost Try again</td>
<td>(I did it) Almost Try again</td>
<td>(I did it) Almost Try again</td>
<td>(I did it) Almost Try again</td>
<td>(I did it) Almost Try again</td>
</tr>
<tr>
<td><strong>Total Weekly Aerobic Time (minutes)</strong></td>
<td><strong>Total Weekly Aerobic Time (minutes)</strong></td>
<td><strong>Total Weekly Aerobic Time (minutes)</strong></td>
<td><strong>Total Weekly Aerobic Time (minutes)</strong></td>
<td><strong>Total Weekly Aerobic Time (minutes)</strong></td>
<td><strong>Total Weekly Aerobic Time (minutes)</strong></td>
</tr>
<tr>
<td>50 minutes</td>
<td>60 minutes</td>
<td>40 planned minutes 35 minutes mall walking</td>
<td>0 planned minutes of aerobic activity</td>
<td>45 minutes</td>
<td>70 minutes</td>
</tr>
<tr>
<td>30 minutes on golf course</td>
<td></td>
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</tr>
</tbody>
</table>
# Daily Food and Physical Activity Diary

**Name:** ____________________________  
**Date:** ____________________________  
**Daily Calorie Goal:** ____________________________  

(see instructions or Standard Handout S01 for guidance)

**Weekly Food Goal:** ____________________________  

**NOTE:** Include everything you eat and drink in your diary.

### Day / Weight

<table>
<thead>
<tr>
<th></th>
<th>Sunday /</th>
<th>Monday /</th>
<th>Tuesday /</th>
<th>Wednesday /</th>
<th>Thursday /</th>
<th>Friday /</th>
<th>Saturday /</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<td></td>
<td></td>
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<td>(6am–10am)</td>
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<tr>
<td>M=Mindful</td>
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</tr>
<tr>
<td>PC=Portion Control</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>H=Healthy</td>
<td></td>
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</tr>
<tr>
<td>Hunger/Fullness Scale</td>
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</tr>
<tr>
<td>X=Pre-meal</td>
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<tr>
<td>O=Post-meal</td>
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</tr>
<tr>
<td><strong>Mood:</strong></td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
<td></td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>(11am–2pm)</td>
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</tr>
<tr>
<td><strong>Mood:</strong></td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
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<tr>
<td><strong>Dinner</strong></td>
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<td>(5pm–8pm)</td>
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</tr>
<tr>
<td><strong>Mood:</strong></td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td><strong>Snacks &amp; Beverages</strong></td>
<td></td>
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<tr>
<td>(between meals)</td>
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<td></td>
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</tr>
<tr>
<td><strong>Mood:</strong></td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
</tbody>
</table>

**Total Calories**

**Goal Met?**

<table>
<thead>
<tr>
<th></th>
<th>I did it</th>
<th>Almost</th>
<th>Try again</th>
<th>I did it</th>
<th>Almost</th>
<th>Try again</th>
<th>I did it</th>
<th>Almost</th>
<th>Try again</th>
<th>I did it</th>
<th>Almost</th>
<th>Try again</th>
<th>I did it</th>
<th>Almost</th>
<th>Try again</th>
<th>I did it</th>
<th>Almost</th>
<th>Try again</th>
<th>I did it</th>
<th>Almost</th>
<th>Try again</th>
</tr>
</thead>
</table>

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## Physical Activity Weekly Goal:

<table>
<thead>
<tr>
<th></th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aerobic</strong> (Type, Time/Steps/Wheelchair Revolutions)</td>
<td>Pedometer:</td>
<td>Pedometer:</td>
<td>Pedometer:</td>
<td>Pedometer:</td>
<td>Pedometer:</td>
<td>Pedometer:</td>
<td>Pedometer:</td>
</tr>
<tr>
<td><strong>Strength</strong> Type:</td>
<td>Type:</td>
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<td>Type:</td>
<td>Type:</td>
<td>Type:</td>
<td>Type:</td>
<td>Type:</td>
</tr>
<tr>
<td>Repetitions:</td>
<td>Repetitions:</td>
<td>Repetitions:</td>
<td>Repetitions:</td>
<td>Repetitions:</td>
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<tr>
<td>Sets:</td>
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<td>Sets:</td>
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<td>Sets:</td>
<td>Sets:</td>
<td>Sets:</td>
</tr>
<tr>
<td><strong>Flexibility</strong> (Type)</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td><strong>Lifestyle Activity</strong> (Type/Time)</td>
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<td></td>
</tr>
</tbody>
</table>

### Goal Met?

- I did it
- Almost
- Try again

### Total Weekly Aerobic Time (# minutes)

- I did it
- Almost
- Try again