

Food and activity diary

Food and activity diary								Weekly summary	
Day of the week								Total	Daily average
Calories									
Percent fat (25–30%)									
Number of servings <i>Highlight average that meet program recommendations</i>									
Breads and cereals (6+)									
Vegetables (4–8)									
Fruits (3–4)									
Legumes (1 per week)									
Protein (4–7 ounces total)									
Milk (2–3)									

Minutes of physical activity								Total minutes this week:
Days diary was kept								Number of days with physical activity:

How well did you do this week? What did you learn about setting and reaching goals that will help you plan for next week?

Keeping a diary will help you keep track of your goals and see patterns in your behavior.

Check your goals. Are they:

- Doable? It should be something you are 80 percent certain you can achieve.
- Specific? Vague goals bring vague results.
- For you (not someone else)? Doing it for yourself will help you achieve the best results.
- Sustainable? It should be something you believe you can build into a habit over time.

For this week

Goals:

Action plan:

First step:

Reward:

Make your goals big enough to matter—but small enough to achieve.



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Time	Amount	Type of food or beverage	Total calories	Calories from fat
Today's total calorie amounts				
Today's total percentage of calories from fat				%

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Today's total calorie amounts				
Today's total percentage of calories from fat				%

Types and minutes of physical activity	<ul style="list-style-type: none"> ■ Make entries in your diary every day. ■ Keep your daily intake of calories from fat to 25 to 30 percent. ■ Eat frequently—three to six meals, including snacks, every day—to avoid feeling “deprived” or “starved.” ■ Gradually replace higher-fat foods with complex carbohydrates, such as whole grains, beans, and vegetables. ■ Have moderate physical activity for 30 to 60 minutes most days of the week.
Morning	
Afternoon	
Evening	
Today's total minutes of physical activity	

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