Food and Activity Tracker

TO BE COMPLETED BEFORE YOUR FIRST VISIT
Please Read these Instructions Before Recording

You will need to keep track of everything you eat and drink, and your physical activity for a total of 3 days. Ideally you will record for **2 of weekdays and 1 weekend day**. This record will help you and the Registered Dietitian Nutritionist, develop an awareness of your eating habits and energy expenditure in order to formulate individualized nutrition goals. Please follow the instructions below to complete this food/activity record.

1. **Do not change** your eating or exercise habits on the days you are recording. The purpose of the food record is to identify your **typical** eating and activity patterns.

2. Be honest. You will not be judged based on your food choices, but accurate information is to best provide recommendations.

3. Write down **EVERYTHING** you consume including beverage and all physical activity. Before eating, record your hunger/fullness on a scale of 0-10 (1 being ravenous). After exercise, record your perceived rate of exertion also on a scale of 0-10.

4. **Be specific**. Don't forget condiments such as mayonnaise, butter, cheese on your sandwich. Measure or estimate portions as accurately as possible.

5. **RECOMMENDED:** Record the food, beverages and activity as you eat/drink/exercise. Don't rely on your memory. (If needed, keep a notebook with you to record all of the tracking data during the day, then copy in each page below at the end of the day.)

6. Use the following example food/activity record with descriptors of the hunger scales as a guide:

Day of Week & Date	Time & Place	Food & Drink or Physical Activity	Specific amount/Portion Size of Food Or Duration/Speed for Physical Activity	Hunger Scale *Before Eating* 0 = Painfully Hungry 1= Ravenous 2 = Very Hungry 3= Hungry but not starving 4= Stomach feeling slightly empty 5 = Not really hungry or full 6= Stomach feeling slightly full 7= Satisfied and Comfortable 8 = A little bit too full 9= Uncomfortably full 10 = Painfully Full **OR** **Physical Exertion scale** 0 = No Exertion, 1 = Very Slight 2 = Slight 3 = Moderate 4 = Somewhat Severe 5 = Severe 7 = Very Severe 9 = Very Very Severe 10 = Maximal Effort	Reason for Eating/Exercise (& any Digestive Issues/Complaints)
Tuesday 1/1/2001	1 pm at Home	Turkey wrap	1 whole wheat 6" tortilla, 3 oz. turkey breast, 1 slice American cheese, 1 tsp. mustard, 1 slice iceberg lettuce	Before eating Hunger = 3 (hungry but not starving)	"Lunch time" or "Bored" or "really hungry, haven't eaten since breakfast"
Tuesday 1/1/2001	4:30 pm at home	Ran 3 miles on treadmill	30 minutes/ 6 mph/10 min/mile	Exertion = 6 (can still talk but slightly breathless)	"Training for Bolder Boulder" "Bloating"

Food and Activity Tracker

Day #1: Food/Drink/Activity Tracker

Day of Week & Date	Time & Place	Food & Drink or Physical Activity	Specific amount/Portion Size of Food Or Duration/Speed for Physical Activity	Hunger Scale *Before Eating* (0 - 10) 0 = Painfully Hungry 10 = Painfully Full **OR** **Physical Exertion Scale (0-10)** 0 = No Exertion 10 = Maximal Effort	Reason for Eating/Exercise (& any Digestive Issues/Complaints)

Food and Activity Tracker

Day #2: Food/Drink/Activity Tracker

Day of Week & Date	Time & Place	Food & Drink or Physical Activity	Specific amount/Portion Size of Food Or Duration/Speed for Physical Activity	Hunger Scale *Before Eating* (0 - 10) 0 = Painfully Hungry 10 = Painfully Full **OR** **Physical Exertion Scale (0-10)** 0 = No Exertion 10 = Maximal Effort	Reason for Eating/Exercise (& any Digestive Issues/Complaints)

Food and Activity Tracker

Day #3: Food/Drink/Activity Tracker

Day of Week & Date	Time & Place	Food & Drink or Physical Activity	Specific amount/Portion Size of Food Or Duration/Speed for Physical Activity	Hunger Scale *Before Eating* (0 - 10) 0 = Painfully Hungry 10 = Painfully Full OR Physical Exertion Scale (0-10) 0 = No Exertion 10 = Maximal Effort	Reason for Eating/Exercise (& any Digestive Issues/Complaints)

Food and Activity Tracker