Food & Fluid Record

For the week:

dna nutrition group
DIETITIAN-NUTRITIONISTS AUSTRALIA

	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Snack3	Comments
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Keeping a Daily Food Journal

In order to determine how much food you need and how much you actually consume, an activity and food journal should be maintained. A journal is a notebook to record the foods you eat, when you eat them, how you felt when you consumed the foods, and how much you exercise. These guidelines need to be followed:

- Record your weight weekly. To determine accurate progress, record your weight weekly using the same scales and if possible weigh yourself unclothed.
- Record your physical activity. Record activity performed, level of performance, and duration.
- Record your emotions. What were you feeling when you ate? Where you happy, sad, angry, or actually hungry?
- Record EVERYTHING you eat and the amount. In other words, if you Bite it – Write it. If you have 3 M&M's record it in your journal. If you had 2 bites of ice cream – record it.
- Record all information immediately after consuming the food. You don't want to forget foods or your feelings; your feeling can change several times during the day.
- Calculate your journal at the end of each day. Determine and total calories consumed for the day.
- Congratulate your efforts for a good day.