

# 3-Day Food and Activity Journal

Please see the other side for instructions about how to use this food journal.

| Meal                              | Day 1: _____ | Day 2: _____ | Day 3: _____ |
|-----------------------------------|--------------|--------------|--------------|
| <b>Breakfast<br/>(First Meal)</b> |              |              |              |
| <b>Snack</b>                      |              |              |              |
| <b>Lunch<br/>(Second Meal)</b>    |              |              |              |
| <b>Snack</b>                      |              |              |              |
| <b>Dinner<br/>(Third Meal)</b>    |              |              |              |
| <b>Snack</b>                      |              |              |              |
| <b>Activity</b>                   |              |              |              |

# How to fill in this journal

- Write down everything you eat and drink. You may want to record **one weekday (or workday) and one Saturday or Sunday (or day off)**.
- Include:
  - How much food you ate. See the suggestions below to estimate portion sizes. If the food comes in a package, just write down the package size. Example: 175 mL container of yogurt.
  - How the food is cooked (for example: fried, baked, boiled, barbecued)
  - Anything you add to food, during or after cooking. Example: cream, sugar, oil, butter, jam, syrup, ketchup or other sauces, dressings or condiments.
  - Details about restaurant foods, fast foods, or packaged foods (for example: McDonald's Big Mac<sup>®</sup> or KFC<sup>®</sup> chicken).
- Measure the food you eat for a day or two to help you understand how much you eat and drink. Use measuring cups and spoons.
- Write down all your **activities** for the day. Include planned activities (going for a walk or swim) and activities of daily life (housework or grocery shopping). Comments may include where you ate, your mood, or stress level.
- Use more paper if you need to or photocopy the other side of this handout.
- Read over your journals to see what is working well and what you may want to change.
- Keep on tracking. Use this tool to help you meet your goals, or to make new goals.

## To estimate portion sizes, use the guidelines below:

| <b>This amount of food:</b>                          | <b>...is about the same size as:</b> |
|--|--------------------------------------|
| 2½ oz (75g) of meat                                  | a hockey puck                        |
| 1½ oz (50 g) of cheese                               | 2 white erasers                      |
| 1 cup (250 mL)                                       | a baseball or fist                   |
| ½ cup (125 mL)                                       | a hockey puck                        |
| 1 medium piece of fruit                              | a tennis ball                        |
| 2 Tbsp (30 mL)                                       | 1 golf ball                          |
| ¼ cup (60 mL)  | 2 golf balls                         |
| 1 tsp (5 mL) – use for butter, margarine, mayonnaise | a thumb tip or one die               |

## Example of how to fill in your food journal:

| Meal                              | Day 1: Thursday  | Day 2: Saturday  |
|-----------------------------------|--|--|
| <b>Breakfast<br/>(First Meal)</b> | 1 cup Bran Flakes <sup>®</sup> with 1 tsp sugar and ½ cup 1% milk<br>1 cup coffee black<br>1 slice whole wheat toast with 2 tsp soft margarine | 1 egg fried in 1 tsp butter with 3 strips of bacon<br>2 slices whole wheat toast with 2 tsp soft margarine<br>2 cups tea (chamomile) |
| <b>Snack</b>                      | 1 carrot muffin - Tim Hortons <sup>®</sup><br>1 medium black coffee - Tim Hortons <sup>®</sup>   | 1 medium apple   |
| <b>Activity</b>                   | Stressful day at work  | 30 minute walk   |