



**Instructions:** make enough copies so you can complete a log for each of the next 7 days.

Date: \_\_\_\_\_

When I ate	What I ate	How I felt, where I ate or other factors that influenced my food choices	Using the Serving size guide, estimate the number of servings you ate:					
			Vegetables	Fruit	Meat and Alternatives	Milk and Alternatives	Grains	Fat
Early morning								
Mid-morning								
Noon								
Afternoon								
Evening								
Late evening								
Total number of servings for the day for each food group								
Cups of water consumed (check them off as consumed): 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/>								
Physical activity at home, work and traveling to or from work: Describe your activities		Number of minutes spent in:						
		Light activity	Moderate activity	Vigorous activity	Sum of all physical activities	Sedentary leisure activities		
Total number of minutes per day								
<p><b>Light activity</b> Activities that do not make you breathe hard or sweat, such as strolling, light housework or stretching</p> <p><b>Moderate activity</b> Activities that make you feel warm and breathe harder than usual but you're still able to carry on a conversation without difficulty. Examples include brisk walking, gardening or recreational dancing</p> <p><b>Vigorous activity</b> Activities that make you sweat and breathe so hard it's difficult to carry on a conversation, such as running, climbing, biking up hills, very heavy gardening or very heavy lifting and carrying</p> <p><b>Sedentary leisure activities</b> Leisure activities that do not require any physical effort, such as watching TV, working or playing on the computer or reading</p>								