

Daily Food and Physical Activity Diary

Name: _____ Date: _____ Daily Calorie Goal: _____ (see instructions or Standard Handout S01 for guidance)

Weekly Food Goal: _____ NOTE: Include everything you eat and drink in your diary.

Day/Weight	Sunday/	Monday/	Tuesday/	Wednesday/	Thursday/	Friday/	Saturday/
Breakfast (6am – 10am) M = Mindful PC = Portion Control H = Healthy Hunger/Fullness Scale X = Pre-meal O = Post-meal	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:
Lunch (11 am – 2pm)	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:
Dinner (5pm – 8pm)	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:	M PC H 1 2 3 4 5 6 7 8 9 10 Mood:
Snacks & Beverages (between meals) Remember, all snacks should be healthy, mindful and portion controlled. Include alcoholic beverages.							
Total Calories							
Goal Met?	<i>Y/N/Alt</i> Almost Try Again	<i>Y/N/Alt</i> Almost Try Again	<i>Y/N/Alt</i> Almost Try Again	<i>Y/N/Alt</i> Almost Try Again	<i>Y/N/Alt</i> Almost Try Again	<i>Y/N/Alt</i> Almost Try Again	<i>Y/N/Alt</i> Almost Try Again