



## How to Keep a Food Journal

Your Food Journal will help you recognize why you eat the foods you do. And, it will provide a means to analyze the nutrient content of your diet.

Here's how. In a small notebook, on index cards or anything that is easy to carry with you, write down everything you eat, as you eat it! (Don't rely on memory.) Or, make several copies of our journal sheet. Keep the journal and review it with your trainer every week.

### Record each day:

- The day of the week
- The food consumed
- The amount or size (be specific) of the food\*
- The time and place you ate it
- How you felt physically and emotionally
- Personal observations

At the end of the day, also jot down how much exercise you did. Then review your diary and write down your reactions to it. For example, was this a typical day? Worse than normal? Did you feel that you ate less because you were recording what you ate? What circumstances contributed to how much or little or the kinds of food you ate?

For example:

FOOD	AMOUNT	TIME/PLACE	SENSORY	EMOTIONAL
Frosted Flakes	2 fists	6:45am; kitchen counter	Not very hungry; tired	Rushed; overslept
M&Ms	Fistful	10:15am; officemate's cubicle	Starving	Didn't really *need* to eat them; must be PMS

\*You don't have to measure. You can use relative sizes such as "2 palm-sized slices" or a scoop "the size of a fist".

Day of the week: \_\_\_\_\_

FOOD	AMOUNT	TIME/PLACE	SENSORY	EMOTIONAL

Attach more pages if necessary. Record daily exercise and thoughts about this day's diary on the back of this sheet.