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 (6 am – 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 (5 pm – 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 did it Almost Try Again*	*I did it Almost Try Again*	*I did it Almost Try Again*	*I did it Almost Try Again*	*I did it Almost Try Again*	*I did it Almost Try Again*	*I did it Almost Try Again*