

RESET YOUR HEALTH GOALS – EATING & ACTIVITY JOURNAL

Keeping a Food and Activity Journal

Keeping a food/fluid and activity journal can be helpful in looking at your eating and activity habits. You should record at least 3 days of your usual eating and activity habits – a week would be even better. Be truthful and write down everything you eat and drink as you consume it. Keep your eating and activity journal in an accessible location.

Time and Duration of Meals

Note the time you ate or drank, and the minutes spent eating and/or drinking.

Food

Write down the food you ate. Be specific as possible. For example, sandwich made with 2 ounces of turkey breast, 1 tablespoon of reduced fat mayonnaise, 2 leaves of lettuce, and 2 slices whole wheat. Don't forget to add any condiments consumed.

Portion

Estimate the portion size in volume (measuring cups and teaspoons), weight (ounces) or quantity. A 3-ounce portion is about the size of a deck of cards.

Location/Activity

Record where you were and what you were doing when you ate. For example, in the family room, watching TV, reading, browsing on your cellphone, or driving.

Hunger Rating Scale

Use the following scale to indicate level of hunger:

- 1 = not very hungry
- 2 = a little hungry
- 3 = moderately hungry
- 4 = very hungry
- 5 = starving

Feelings

Indicate how you were feeling when you ate. For example, were you happy, stressed, bored, angry or sad?

Calories, Fat and Fiber

How many calories, grams of fat or fiber did you consume? Visit the [U.S. Department of Agriculture website](#), or use nutrition label information or calorie counting books.

Be sure to write down everything you eat, drink, and your activity (type and time) throughout the day.

ADDITIONAL RESOURCES

To achieve your long-term goals, define small, gradual changes. To stay committed, focus on your daily habits and revisit your SMART: **S**pecific, **M**easurable, **A**chievable, **R**elevant and **T**imely goals.

For additional guidance on meeting your goals for good health, explore these additional resources:

- [National Institute of Diabetes and Digestive and Kidney Diseases](#)
- [The Centers for Disease Control and Prevention](#)
- [U.S. Department of Health and Human Services](#)

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