



Reset Your Health Goals: Eating & Activity Journal

Keeping a food/fluid and activity record

Keeping a food/fluid and activity record 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/duration of meal

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 oz turkey breast, 1 tbsp reduced fat mayonnaise, 2 leaves 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 scale

Use the following scale to indicate level of hunger

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

Feelings

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

Calories/fat/fiber

How many calories, grams of fat or fiber did you consume? Go to the [U.S. Department of Agriculture](https://www.nrdp.org/), 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.

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.

Between barbecues and vacation getaways, it's easy to skimp on exercise. Try these healthy eating tips to make your summer months a little healthier.

Additional Resources

- [BurnAlong](#)
- [Omada](#) for Cigna & Kaiser Permanente members
- [Mindful Mondays](#) & [Well-Being Wednesdays](#) webinars – free to all employees
- [Caregiver Series](#) webinars – free to all employees



Join Us and Win Big This Summer

[Register for the Summer of Wellness](#)

Everything is better with prizes, right? Each month, Level Up will raffle off the following:

- **One Cuisinart Griddler**
- **One Ninja Smoothie & Food Processing Blender**
- **One \$100 Gift Card**

To be entered into the drawing each month, you must register and attend at least one webinar that month. Prize winners will be announced during the weekly Wellness Wednesday newsletters. Prizes will be distributed at the end of the Summer of Wellness Campaign.

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