

Food and Physical Activity Diary



Before your first appointment with our Nutritionist, please complete the food and physical activity diary below. Please feel free to complete this diary in whatever form is easiest for you (electronically or handwritten).

Why am I being asked to complete this diary?

Recording your eating, drinking and activity habits over a couple of days will help you and the OSS team identify aspects of your lifestyle which may be affecting your weight.

What do I have to do?

Record everything that you eat and drink, with approximate portion sizes, over a period of two to five days (be sure to include at least 1 weekend day). This should represent your current lifestyle, please don't change what you eat or how active you are normally on the days that you record. Don't forget to add any drinks and snacks.

Add details such as:

- ▶ Was there any butter on your bread?
- ▶ How was the food cooked - poached, boiled, fried?
- ▶ Do you have milk and sugar in hot drinks?
- ▶ Wine with dinner?

Write down where you were, who you were with and how you were feeling at each point e.g. 'At home, on my own, feeling tired' - this can help identify the triggers that may be influencing your food and activity choices.

Lastly, include a summary of any activities completed over the course of the two days and the duration of each. For example: Brisk walk – 15 minutes, Gardening – 30 minutes

Weekday: _____

Time	Food/Drink Consumed	Amount	Where did you eat? What were you doing?	How were you feeling?

Physical Activity: _____

Weekend day: _____

Time	Food/Drink Consumed	Amount	Where did you eat? What were you doing?	How were you feeling?

Physical Activity: _____