

7 Day Food & Activity Diary

A seven day food record is designed to get an accurate description of your typical daily diet. Please keep a detailed record of your food intake for seven consecutive days. Do not change anything about your eating habits. Please try to be as accurate as possible by recording all of the foods and beverages you eat and drink. Include the exact amount of food eaten (e.g. skim, 2%, reduced fat, sugarfree, etc).

Please also note your physical activity during this period

Day 1 Food Record: Date:			
Time	Food & Beverage Description	Amount eaten	Location/Feelings

Day 2 Food Record: Date:			
Time	Food & Beverage Description	Amount eaten	Location/Feelings

Day 3 Food Record: Date:			
Time	Food & Beverage Description	Amount eaten	Location/Feelings

Day 4 Food Record: Date:			
Time	Food & Beverage Description	Amount eaten	Location/Feelings

Day 5 Food Record: Date:			
Time	Food & Beverage Description	Amount eaten	Location/Feelings

	Day 6 Food Record: Date:			
Time	Food & Beverage Description	Amount eaten	Location/Feelings	

Day 7 Food Record: Date:			
Time	Food & Beverage Description	Amount eaten	Location/Feelings