

FOOD DIARY 6 MONTHS

PROJECT/EVENT | FOOD DIARY LOGGING SHEET
 ORGANIZER | FHC'S WEIGHT MANAGEMENT PROGRAM

Studies have shown that keeping track of what you eat for even 1 day can help you make changes in your diet. **Make it a habit and try this for a month!**

In this space, indicate the amount of the particular food item you ate. Estimate the size (2" x 1" x 1"), the volume (1/2 cup), the weight (2 ounces) and/or the number of items (12) of that type of food.

FOOD/ DRINK CONSUMED	HOW MUCH?	TIME & PLACE	ALONE OR WITH WHOM?	ACTIVITY	MOOD

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY							FEBRUARY							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	7			1	2	3	4	5						1	2			1	2	3	4	5	6
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13	
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20	
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27	
27	28	29	30				25	26	27	28	29	30	31	29	30						27	28	29	30	31			24	25	26	27	28	29	30	28	29						
																												31														

Mark an **X over the days you logged and an **O** over the ones you did not. Each week reflect back on your food consumption, did you consume less calories on the days you logged? After 30 days, it becomes a habit- Stick with this, it will get easier!