

Shape Up America! Daily Food and Activity Diary	Date:	www.shapeup.org
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Food Diary: Record what and how much you eat or drink throughout the day. Put an "X" in the box to track when you eat.	Activity Diary: Record your activity and level of difficulty or intensity. Put an "X" in the box to track when you are physically active.
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Morning Food Diary		Morning Activity Diary		
6am			6am	
7am			7am	
8am			8am	
9am			9am	
10am			10am	
11am			11am	
Afternoon Food Diary		Afternoon Activity Diary		
12pm			12pm	
1pm			1pm	
2pm			2pm	
3pm			3pm	
4pm			4pm	
5pm			5pm	
Evening Food Diary		Evening Activity Diary		
6pm			6pm	
7pm			7pm	
8pm			8pm	
9pm			9pm	
10pm			10pm	
11pm			11pm	
Night Food Diary		Night Activity Diary		
12am			12am	
1am			1am	
2am			2am	
3am			3am	
4am			4am	
5am			5am	

Food Notes					
Time Ate	Where	With Whom	How Hungry	Mood	Other Thoughts

Activity Notes			
Time of Activity	Mood (before, during, after)	Improvements? (in strength, energy, fitness)	Other Thoughts