HWFL
Healthy Weight For Life

Diet & Activity Journal©

Recording information such as food intake and physical activity as well as information about the times, places and feelings associated with eating and activity increases your awareness of, and helps you identify, detrimental habits or patterns of behaviour.

Remember, this journal is NOT a test and there are no wrong answers. It is simply designed to help you and your supporting healthcare professional identify areas where you may be able to modify habits to assist with weight loss or weight maintenance.

Remember keep a pen and paper handy and fill in your journal during the day as you go, don't wait until the end of the day and try to rely on your memory – it doesn't work and you will miss recording some entrenched or subconscious habits. Remember to include any little snacks that you may have on the run.

Complete a journal for at least one typical weekend day and 2 typical weekdays. Ideally you should review your completed journal entries with your supporting healthcare professional – they will be able to help you identify some unhealthy habits that you may like to modify.

Day and **time** of day	List all **food** and **drink** (including the amount) as it is consumed	**Hunger level** before eating or drinking[1]	Description and duration of **physical activity** and relaxation activities[2]	**Where** did you eat and **who** did you eat with?[3]	How were you **feeling** at the time?[4]

1. Scale: 0 = full, 1 = comfortable, 2 = slightly hungry, 3 = moderately hungry, 4 = very hungry, 5 = starving
2. Example: 30 minute comfortable walk with the dog, 2 hours playing computer games
3. Example: At home watching TV with wife
4. Example: positive, enthusiastic, happy, content, relaxed, bored, nervous, sad, depressed, lonely, stressed

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phone 1800 226 180

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