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## 7 – Day Food & Exercise Log

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Please record in detail everything that you eat and drink for 7 days and 7 nights. Record food and drinks shortly after having them. **Be as exact as possible. Use as many lines as needed to describe the items. Please use a separate line for each food item.**

### HINTS TO HELP YOU WHEN COMPLETING YOUR FOOD RECORD:

1. List each item on a separate line.
2. For mixed dishes such as casseroles and stews:
  - Eaten away from home
    - List ingredients and their amounts
    - Estimate proportions if exact amounts are unknown
  - Homemade recipe
    - Write a copy of the recipe in the notes section for each day
    - Record all the ingredients in the recipe
    - Record the number of servings the recipe makes
    - Record the portion of the recipe that you ate
  - Commercial variety
    - List brand name
    - Record whether canned or frozen
    - Record amount eaten
3. Amount
  - Be as exact as possible
    - For foods such as vegetables, juices, soups, or sauces, use measuring cups or spoons
    - For foods such as baked goods, use a ruler to measure length, width and thickness.
    - For foods such as fresh fruit, fresh vegetables and eggs, give number, dimensions or size
    - For meat, fish, and poultry, use weighed amount

When recording amounts use the following abbreviations and equivalents:

Cup = C      Tablespoon = T      Teaspoon = tsp      Ounce = Oz      Shake = Shk      Slice = SI

Food Equivalents:

1 Tablespoon = 3 Teaspoons      1 Cup = 16 Tablespoons      1 Cup or ½ pt fluid = 8 Ounces  
1 Ounce fluid = 2 Tablespoons      1 shot or jigger = 1 ½ Ounces (unless otherwise specified)

4. Description

- Include brand names
- Include method of preparation (fried, broiled, breaded, baked, etc.)
- Specify if ingredients are unknown

5. Restaurant Meals

- State restaurant name
- Give price range if other than fast food

6. Miscellaneous

- When recording:
  - Pats of butter or margarine, state dimensions
  - Ice served with a beverage, give proportion of ice in the glass
  - Meat /Fish / Poultry, give weighed amount (state whether raw or cooked weight)
- State whether level or heaping Teaspoons or Tablespoons

**WHEN COMPLETING YOUR EXERCISE RECORD:**

- List all of the activity that you do each day
- Record only activities that last as long or more than 10 minutes
- Describe the type of exercise / activity
- List where you did the exercise / activity
- Record the total amount of time that you spent performing the exercise / activity
- Indicate whether you exercised at a SLOW, MEDIUM, or FAST pace
- Estimate the distance that you covered while you were exercising



**Recipes / Notes**

