

## FOOD DIARY

This food diary is a representation of your current daily consumption. Please try to specify the amounts/portions for each item, and do not leave anything foods/fluids out. Where possible please try to include brands. Include all snacks and drinks (including alcohol), supplements, and sauces/dressings to ascertain an accurate nutritional analysis. The timing of your consumption is also important, so please try to include.

### PERSONAL DETAILS

Name: \_\_\_\_\_

D.O.B: \_\_\_\_\_

Height (ft or cm): \_\_\_\_\_

Weight (lbs or kgs): \_\_\_\_\_

Is your job:    Sedentary        Lightly Active        Mod Active        Physically Active

What is your goal (e.g. weight loss, improved eating habits, weight gain, improved general health)?

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*Example:*

### 7-DAY FOOD RECORD

**Day:** *Monday 1<sup>st</sup> December 2008*

**Meal 1:** *Breakfast*

**Time:** *7:00am*

ITEM	AMOUNT/PORTION
<i>Toast – soy and linseed – Burgen brand</i>	<i>2 pieces</i>
<i>Banana – medium size</i>	<i>1/2</i>
<i>Honey</i>	<i>2 teaspoons</i>
<i>Skim Flat White (bought) – extra shot</i>	<i>regular size</i>



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**7-DAY FOOD RECORD**

**Day:**

**Meal 1:  
ITEM**

**Time:  
AMOUNT/PORTION**

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**Meal 2:  
ITEM**

**Time:  
AMOUNT/PORTION**

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**Meal 3:  
ITEM**

**Time:  
AMOUNT/PORTION**

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**Meal 4:  
ITEM**

**Time:  
AMOUNT/PORTION**

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**Meal 5:  
ITEM**

**Time:  
AMOUNT/PORTION**

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**Did you engage in any physical activity?** \_\_\_\_\_

**If yes, what did you do?** \_\_\_\_\_

**Intensity:** \_\_\_\_\_

**Duration:** \_\_\_\_\_

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A.T.O.D. DANCE CLASSES (tiny tots – majors) \* ADULTS DANCE CLASSES \* GROUP FITNESS TRAINING  
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**Meal 3:**

**ITEM**

**Time:**

**AMOUNT/PORTION**

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**Meal 4:**

**ITEM**

**Time:**

**AMOUNT/PORTION**

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**Meal 5:**

**ITEM**

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**AMOUNT/PORTION**

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