



Food and activity diary

Name _____ Date of birth _____

Date diary started _____

Thank you for filling in this diary. It will help us work out the balance between what your child eats and how active he or she is.

1. Write down all the food and drink you offer through the day and at night, and how much is eaten. It helps to know:
 - The type of food and anything you add to it
 - The quantity, using a handy measure – number of teaspoons (tsp) Tablespoons (tbsps), cup, bottle or mug
 - The make or brand when using packets, tins or take-away food
2. In the last column add details of any physical activity
3. Keep the diary throughout the day as it can be hard to recall details later
4. Fill in the diary for three days and try to include one day at the weekend

Example

Time	Food offered	Amount eaten	Activity
8am	<i>½ bowl of cornflakes, milk and 1 tsp sugar</i>	<i>4 tsp</i>	
10am			<i>walk to the shops ½ mile</i>
12pm	<i>2 Tesco's thin pork sausages, mashed potatoes</i>	<i>½ sausage, 4 tsp potato</i>	

