



A Toolkit for Healthy Teens & Strong Families

MY JOURNAL

FOOD AND FITNESS DIARY



Name

Address

Phone Number

Email Address

Using Your Diary

Writing in a food and fitness journal is a good way to understand your habits, and think about changes you want to make.

How to use your journal:

- 1 Write in your journal right after you eat or finish a physical activity. Carry your journal with you.
- 2 Be honest. Write down everything you eat, even one cookie.
- 3 Include drinks.
- 4 Write down how you are feeling. It can help you figure out if you are eating because you are hungry or for other reasons.
- 5 Review your journal at the end of each week.

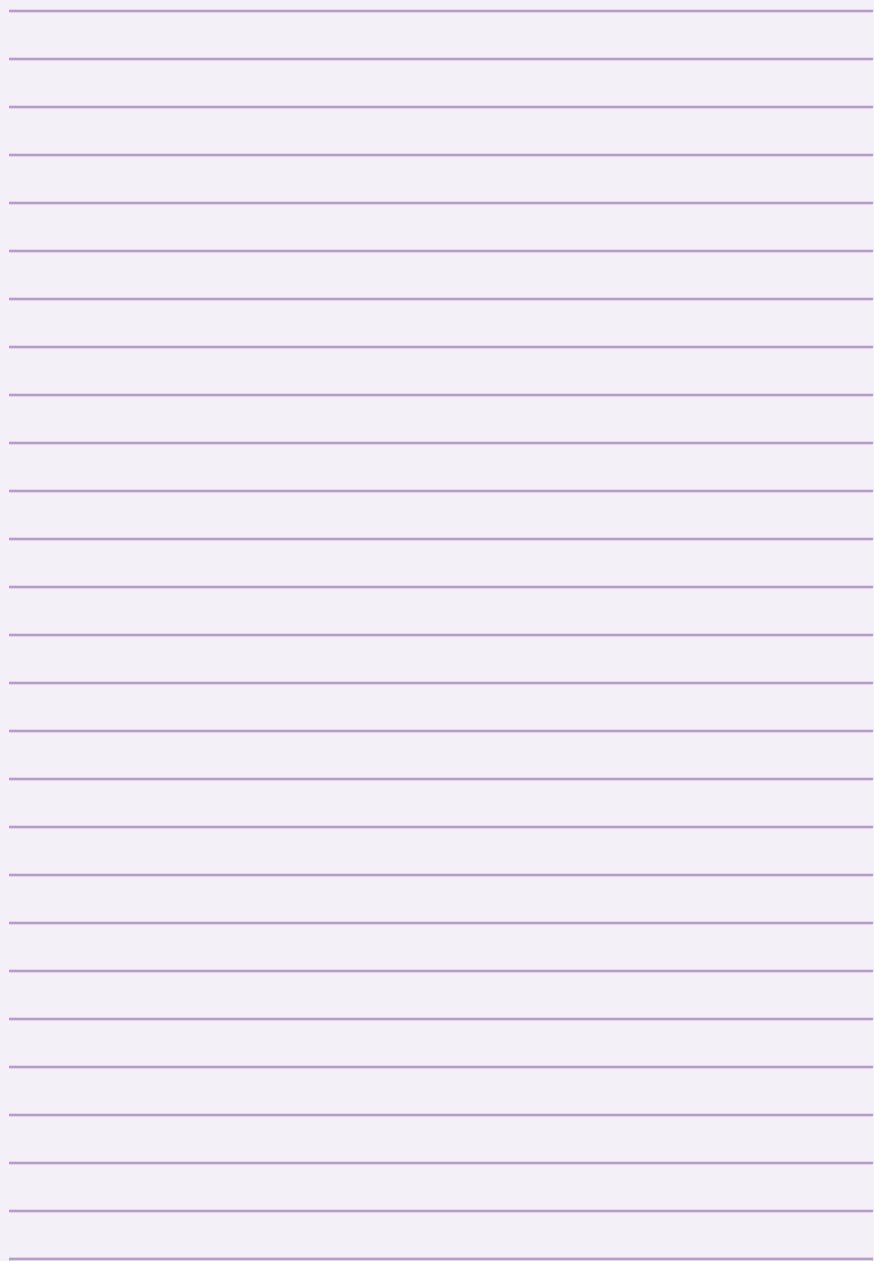
A parent/caregiver can help you by:

Planning nutritious meals and shopping for healthy foods.

Joining you in physical activities for the whole family.

You can also talk about your journal entries with a doctor, nurse, or registered dietitian. They can give you advice on what types of changes to make.





	Sunday	Monday	Tuesday
Breakfast			
	mood	mood	mood
Lunch			
	mood	mood	mood
Dinner			
	mood	mood	mood
Snacks			
	mood	mood	mood
Exercise (type & amount of time)			

BODWORKS

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U.S. Department of Health and Human Services
Office on Women's Health



www.womenshealth.gov
800-994-WOMAN (9662)
TDD: 888-220-5446