

The Rothman Institute

Food Journal/Questions Directions

1. Record your name, day and time of your snack or meal for three days. Remember to use 2 weekdays and 1 weekend day.
2. List the foods and serving size at every snack or meal. For the serving size you can estimate the amount or measure the amount of food you consume.
3. On the same line, write down your hunger scale. The hunger scale would start at 0 indicating you are not hungry to a 10 meaning that you are starving. Also include the reason for eating and your feelings during the meal. Were you really hungry? Bored? Upset? Angry? Happy?
4. Make a note of where the snack or meal took place and what else you were doing while you were eating. Did you eat at home while watching TV? At a fast-food restaurant while driving?
5. At the bottom of the page record the amount of activity you did on that particular day and how much time you spent on that activity. For example, walking 30 minutes or running $\frac{1}{2}$ hour and weights for 20 minutes.
6. On the last page please fill in any medications or nutrition supplements you are currently using and any drug or food allergies you may have.
7. Send the three food journals and the nutrition questions back to the Rothman Institute in the self addressed and stamped envelope.

The Rothman Institute

Food Journal Sample

Name: Sadie Johnson

Date: 1/1/05

TIME YOU ATE	FOOD & DRINK SERVING SIZE	HUNGER SCALE 0-10/ HOW DO YOU FEEL?	WHERE DID YOU EAT/WHAT ELSE WERE YOU DOING?
7am	1 cup of cornflakes ½ cup of 2% milk 1 banana 2 pieces of white toast 12 oz of orange juice	9 I was starving because I just woke up.	At home, watching the news
10am	1 snickers bar	7 I was getting hungry and could not wait until lunch. All that I had was a snickers bar with me.	In the car, while driving
12pm	4 oz hamburger patty 1 sesame seed bun 1 slice of tomato 1 slice of lettuce 1 cup of fries ¼ cup ketchup 8 oz of diet coke	4 I was not too hungry but I ate because I was bored.	McDonalds, just eating
4pm	1 apple	8 I was starting to get hungry and could not wait until dinner.	At home, helping the children cut up their food
8pm	1 cup of pasta 3 oz of lean ground beef ½ cup tomato sauce ½ cup of pudding 8 oz of wine	7 I was a little hungry. My family eats at this time so this is when I eat dinner.	At home, watching my favorite TV program
10pm	Diet coke	0 I was thirsty.	At home, reading

Hunger Scale: 0 = Not Hungry
10 = Starving

Activity: Walking
Number of Minutes: 30 minutes

The Rothman Institute

Food Journal Day 1

Name: _____ Phone number: _____ Date: _____

TIME YOU ATE	FOOD & DRINK SERVING SIZE	HUNGER SCALE 0-10/ HOW DO YOU FEEL?	WHERE DID YOU EAT/ WHAT ELSE WERE YOU DOING?

Hunger Scale: 0 = Not Hungry
10 = Starving

Activity: _____
Number of Minutes: _____
Steps: _____

The Rothman Institute

Food Journal Day 2

Name: _____ Phone number: _____ Date: _____

TIME YOU ATE	FOOD & DRINK SERVING SIZE	HUNGER SCALE 0-10/ HOW DO YOU FEEL?	WHERE DID YOU EAT/ WHAT ELSE WERE YOU DOING?

Hunger Scale: 0 = Not Hungry
10 = Starving

Activity: _____
Number of Minutes: _____
Steps: _____

The Rothman Institute

Food Journal Day 3

Name: _____ Phone number: _____ Date: _____

TIME YOU ATE	FOOD & DRINK SERVING SIZE	HUNGER SCALE 0-10/ HOW DO YOU FEEL?	WHERE DID YOU EAT/ WHAT ELSE WERE YOU DOING?

Hunger Scale: 0 = Not Hungry
10 = Starving

Activity: _____
Number of Minutes: _____
Steps: _____

