



www.eatfithealth.com

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Instructions for Recording 3 Days of Food, Supplements & Activities

Bring to visit or fax completed form to Eat Fit Health's secure fax line: 1-888-979 9268

1. Write down everything you eat or drink for 3 days including quantities and brands when applicable. It is usually more useful if you record 2 weekdays and 1 weekend day. Include all foods, drinks (including water), snacks, food extras (salad dressing, margarine or butter, mayonnaise, etc.), and vitamin, mineral, or herbal supplements (list supplement name and amount; e.g. Nature Made Vitamin D3, 2,000 IU/day).

Tip: Please be as specific as possible!

Examples: Apple- golden delicious – $\frac{3}{4}$ of a large
Chobani Greek Yogurt – Low Fat, Fruit on the Bottom, Banana – 6 oz.

2. List the amount of food or drink eaten in common portions such as cups, teaspoons, tablespoons, or describe size. (e.g. 1/2 large banana – 8" long)

Tip: List only the amount eaten or drank, not the whole amount served.

3. Indicate how the food was prepared: fried, steamed, baked, grilled, raw, etc.

4. Be as specific as possible. Instead of "turkey sandwich", say "turkey sandwich made with 2 slices of Nature's Way whole wheat bread, 4 slices of Sara Lee deli select turkey breast, 1 tablespoon Hellman's reduced fat mayonnaise, and two 4-inch pieces of romaine lettuce."

5. List brand names of all food products, for example, oatmeal might be "Quick Quaker Oats".

6. Be sure to measure and record all of those little extras: gravies, salad dressings, taco sauce, pickles, jelly, sugar, ketchup, margarine, etc. and "tastes or samples". Indicate the amounts.

7. Include recipes for any unusual or unique items that you prepare at home.

8. If food is from a restaurant, please include the name of the restaurant. (Examples: Taco Bell, Salad Works, Chili's, Outback Steak House, Iron Hill)

Tip: Note the size and specific name of foods eaten and quantities!

9. If you need help measuring your food, use measuring spoons, measuring cups, food scale or food labels.

10. Write down all physical activities completed for each day. Be specific as possible. If no "planned" physical activities write what you did that day. (Examples: 30 minutes on elliptical Level 5, Incline 3%, intensity moderate, work 8 hours- sat at desk, 1 hour driving, 1 hour TV, 2 hours housework, 1 hour daily living activities (shower, dressing, bathroom) or 2 hours at the mall, 4 hours waiting tables, 2 hours computer, 1 hour driving, 1 hour daily living activities)



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FOOD, SUPPLEMENTS & ACTIVITIES

CLIENT NAME: _____

RECORD DATE: _____

Print more pages if needed.

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Time of Day (e.g. 7:30 am)	List Description of Food, Drinks, & Supplements (list how prepared grilled, baked, fried, restaurant etc.; list supplements, brand & amounts)	Amount	Measurement Method
PHYSICAL ACTIVITY (describe)		Duration	Intensity (mild, moderate, vigorous)
WATER INTAKE	Mark 1 cup for each 8 oz. drank.            	TOTAL OZ:	

Please remember to include all food, drinks, supplements (herbal, vitamin/mineral), and physical activity, see page 1 for instructions.



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