My Food and Sleep Diary

Name:

Date:

Day:

On the paper below, list everything that you ate and drank for the day and put a check in the box that indicates which food group the foods/drinks belong. (Some "combination" foods may be checked in more than one food group--i.e. a cheeseburger would be: a protein, a dairy, and a grain food.) Foods and beverages that contain no nutrients, but lots of fat and/or sugar (soda, chips, etc.) should be checked in the "Empty Calorie Group." At the bottom of each column, total the number of servings that you ate or drank for each food group. Also list the fitness activities that you engaged in and HOW LONG you were ACTIVELY moving. Lastly, list the time you went to bed, and the time you woke up.

Breakfast Food/Drinks 1:

PROTEIN (2) :

GRAINS (6):

VEGGIES/FRUITS (2):

DAIRY (3)

Empty Calorie Group (0):

Breakfast Food/Drinks 2:

PROTEIN (2) :

GRAINS (6):

VEGGIES/FRUITS (2):

DAIRY (3)

Empty Calorie Group (0):

Breakfast Food/Drinks 3:

PROTEIN (2) :

GRAINS (6):

VEGGIES/FRUITS (2):

DAIRY (3)

Empty Calorie Group (0):

Breakfast Food/Drinks 4:

PROTEIN (2) :

GRAINS (6):

VEGGIES/FRUITS (2):

DAIRY (3)

Empty Calorie Group (0):

Breakfast Food/Drinks 5:

PROTEIN (2) :

GRAINS (6):

VEGGIES/FRUITS (2):

DAIRY (3)

Empty Calorie Group (0):

Lunch Food/Drinks 1:

PROTEIN (2) :

GRAINS (6):

VEGGIES/FRUITS (2):

DAIRY (3)

Empty Calorie Group (0):

Lunch Food/Drinks 2:

PROTEIN (2) :

GRAINS (6):

VEGGIES/FRUITS (2):

DAIRY (3)

Empty Calorie Group (0):

Lunch Food/Drinks 3:

PROTEIN (2) :

GRAINS (6):

VEGGIES/FRUITS (2):

DAIRY (3)

Empty Calorie Group (0):

Lunch Food/Drinks 4:

PROTEIN (2) :

GRAINS (6):

VEGGIES/FRUITS (2):

DAIRY (3)

Empty Calorie Group (0):

Lunch Food/Drinks 5:

PROTEIN (2) :

GRAINS (6):

VEGGIES/FRUITS (2):

DAIRY (3)

Empty Calorie Group (0):

Dinner Food/Drinks 1:

PROTEIN (2) :

GRAINS (6):

VEGGIES/FRUITS (2):

DAIRY (3)

Empty Calorie Group (0):

Dinner Food/Drinks 2:

PROTEIN (2) :

GRAINS (6):

VEGGIES/FRUITS (2):

DAIRY (3)

Empty Calorie Group (0):

Dinner Food/Drinks 3:

PROTEIN (2) :

GRAINS (6):

VEGGIES/FRUITS (2):

DAIRY (3)

Empty Calorie Group (0):

Dinner Food/Drinks 4:

PROTEIN (2) :

GRAINS (6):

VEGGIES/FRUITS (2):

DAIRY (3)

Empty Calorie Group (0):

Dinner Food/Drinks 5:

PROTEIN (2) :

GRAINS (6):

VEGGIES/FRUITS (2):

DAIRY (3)

Empty Calorie Group (0):

Snack Food/Drinks 1:

PROTEIN (2) :

GRAINS (6):

VEGGIES/FRUITS (2):

DAIRY (3)

Empty Calorie Group (0):

Snack Food/Drinks 2:

PROTEIN (2) :

GRAINS (6):

VEGGIES/FRUITS (2):

DAIRY (3)

Empty Calorie Group (0):

Snack Food/Drinks 3:

PROTEIN (2) :

GRAINS (6):

VEGGIES/FRUITS (2):

DAIRY (3)

Empty Calorie Group (0):

Snack Food/Drinks 4:

PROTEIN (2) :

GRAINS (6):

VEGGIES/FRUITS (2):

DAIRY (3)

Empty Calorie Group (0):

Snack Food/Drinks 5:

PROTEIN (2) :

GRAINS (6):

VEGGIES/FRUITS (2):

DAIRY (3)

Empty Calorie Group (0):

Total Number of Servings:

PROTEIN:

GRAINS:

VEGGIES/FRUITS:

DAIRY:

Empty Calorie Group:

Fitness Activity (recommended 60 minutes):

Total Minutes:

Sleep

Time you got into bed:

Time you fell asleep (estimate):

Wake up time:

Total Sleep