

Dance Your Ass Off Food Journal



DYAO Food & Exercise Log Instructions:

Record keeping is the only way to have concrete information to help you succeed in weight loss and weight management. To have accurate food logs, please write down everything you eat and drink within 15 minutes of a meal or snack. Here is an example below. **To fill out your own Food Journal, go to page 2.**

Meal & Time	Food & Amount	Calories	Fluids	Fruit & Vegetables (2 Fruit/3Veg min)	Hunger Level 1-4	Comments	
Breakfast 8:00	1 Wheat Toast 1 T Peanut Butter Banana	80 105 105	Water 1	1	Level 1		
Vitamin	Calcium (1000 – 1500 mg)	Pre-meal Blood Sugar	Post-Meal Blood Sugar	Blood Pressure	Vigorous Exercise	Moderate Exercise	Wt Training
Yes	Yes	NA	NA	130/70	60 Min Treadmill	30 Min Walk @ Lunch	30 Min - Arms

Hunger Level: Indicating hunger level will help identify physiological hunger or emotional eating

Level 1: Very Hungry

Level 2: Hungry

Level 3: Somewhat Hungry

Level 4: Not Hungry

Vitamins, Minerals or Herbs: Indicate Yes or No

Calcium: Indicate Yes or No

Blood Sugars: Best time to check blood sugar is fasting, pre-meal or 2 hours after meal (time starts with first bite).



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Use this journal to track your eating and meet your weight-loss goals



Nutrition

Meal & Time	Food & Amount	Fluids	Fruits & Vegetables (2 Fruit/3 Veg min)	*Hunger Level 1–4	Calories	Comments
Breakfast Time: –						
Snack Time: –						
Lunch Time: –						
Snack Time: –						
Dinner Time: –						
Snack Time: –						
Total Calories:						

Exercise & Health

Vitamin	Calcium (1000–1500mg)	Pre-meal Blood Sugar	Post-meal Blood Sugar	Blood Pressure	**Vigorous Exercise	**Moderate Exercise	Circuit Weight

*Hunger Level: 1 ▶ Very Hungry | 2 ▶ Hungry | 3 ▶ Somewhat Hungry | 4 ▶ Not Hungry

**Exercise: Hrs/Day