



My Lifestyle Diary

Name

Start Date



Lifestyle Diary

- Please fill in this lifestyle diary (i.e. food, physical activity and “non-active” time) every day for one week.
- It is easier to keep an accurate record if you write them down the same day. Try not to leave anything out!

Food

- Make a note of **ALL** the food you eat each day, including all meals, snacks and drinks.
- It is really important to write down every thing you eat and drink and to say how much
- Please record meal and snack times, what type of food you eat and amounts left over.

Physical Activity

- Write down **ALL** the physical activities you took part in throughout the day **AND** how much time you spent doing these activities.
- Examples of activities to include in your diary are:
Going to the gym, playing sports, walking to school, the shops, a friend’s house, up stairs, taking part in PE, playing with friends, playing in the park, skipping or playing football at playtime, cycling, swimming, skateboarding, rollerblading, etc, physical activities at any clubs

Non-Active Pastimes

- Write down how much time you spent during the day watching TV or videos, reading, using a computer, playing video games (e.g. Playstation, Nintendo, Game cube and Game boy).

Sample Day for a child



Time	Food	Physical Activity	Non-Active Pastimes
Morning 8am	Medium bowl of Rice Krispies + Semi Skimmed milk - all eaten	Walked to school 15 minutes.	Watched TV before school for 30 minutes
10.30am	Skips and a fruit shoot - all eaten		
Afternoon 12.30pm	2 slice white bread sandwich, with Flora margarine and tuna mayonnaise. - $\frac{1}{4}$ left over Can of Irn Bru-all taken Ski yogurt-all eaten	Played chase at lunchtime for 20 minutes.	Watched TV after school for 1 hour.
4.15pm	2 Jaffa cakes + a small glass of semi skimmed milk. - all eaten	Walked home from school 15 minutes.	
Evening 6pm	3 fish fingers, chips and beans - left $\frac{1}{2}$ fish finger Medium glass of Irn Bru - all taken	Rollerblading for 20 minutes.	Played playstation for 2 hours.
8pm	2 slice of white toast with spreading cheese + a small glass of milk. - all eaten		



Day _____

Time	Food	Physical Activity	Non-Active Pastimes
Morning			
Afternoon			
Evening			