



Dynamic Sports Physiotherapy • Kensington Physical Therapy  
 # 1502 – 400 Campbell Road 12620C 132 Ave  
 St. Albert, AB T8N 0R8 Edmonton, AB T5L 3P9

### 3 Day Food and Activity Record

#### How to record what you eat:

- Write down everything that you eat and drink for 3 days. Include at least 1 weekend day (Saturday or Sunday).
- Include the amount eaten, how the food was prepared and any added foods like sugar, cream, margarine, sauces and dressings. It may help to measure some of the foods you are eating to be increase accuracy.
- Include all foods eaten, even if it is a handful or cereal, or a few crackers in between meals.
- Record any activity that you do in a day (ie, walking, taking the stairs at work, or planned activity, such as your training program or gym).
- Bring the Food and Activity Records with you to your appointment.

Sample:

Time	Food/Drink and Description	Amount Eaten	Activity
7:30	Raisin Bran cereal	1 ½ cups	
	1% milk	½ cup (125ml)	8:00: Walked to work (25min)
	banana	1	
10:00	yogurt	¾ cup	
12:00	Peanut butter and Jam Sandwich (on whole wheat bread)	1 (2pieces bread)	
	Grapes	15	
	Chocolate Milk-2%	250ml	
	Carrot Sticks	2 carrots	4:00: walk home (25min)
3:00	Apple	1	
	Cereal-mini wheats	½ cup	4:30: 45min run, 45min weight training
6:30	Chicken and vegetable stirfry	~2 oz meat, 1 cup veggies	
	Brown rice	1 cup	
	stir fry sauce-sweet and sour	3 Tbsp	
	Milk-1%	1 cup (250ml)	
8:30	Chocolate Chip cookies-homemade	2	
	Water- 2L throughout the day		







