

Food & activity diary template

What you will need

Before starting this practical make sure that you have the following items ready to use:

- Food and Activity Diary (either paper or electronic copies)
- Pen / pencil
 1. Step counter – there may be a step counter built into your phone, or you may be able to download a free step-counter app. Alternatively, you could use a pedometer if available – you can find these cheaply from many pharmacies or online.

You can record your daily intake every day between now and week 4. However, if you are unable to do this, anything from 1 week to 4 weeks is fine.

In Week 4, further instructions on analysing your food and activity diary will be provided. This will help you better understand the modifiable or lifestyle risk factors for cardiovascular disease.

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Print or fill in one per day and record the date here:

2. **Food:** Record all food and drink consumed and the amounts (slices / glasses / portion size / number of items). You do not need to weigh the amounts of food or count calories, just indicate portion sizes.

	Before breakfast	Breakfast	Mid-morning snack	Midday meal	Mid-afternoon snack	Evening meal	Evening snack/overnight
Food/Drink							
Amounts							
Amount salt (g)							

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3. **Activities:** Record all activity carried out, even the sedentary ones.

Total daily step count if recorded (add 200 steps per minute of swimming):

	Type	Duration (in minutes)	Intensity <i>Low</i> (sedentary, eg office work) <i>Moderate</i> (standing/ walking, eg hairdresser, shop assistant, plumber) <i>Intense</i> (heavy manual work, eg miner, bricklayer)	Total time (minutes)
Work activities (e.g. sitting or standing, walking around at work, climbing stairs or ladders, lifting, carrying or moving heavy loads)				
Leisure time activities (eg, walking, gardening, housework, childcare, DIY, exercise). Include walking/cycling to work.				
Sedentary leisure time (e.g. watching TV, reading)				

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Notes

Completing this diary is an optional activity.

The food section is adapted from the European Prospective Investigation of Cancer (EPIC)-Norfolk 7 day diet diary and the activity section from the Core Questions on Physical Activity in EPIC Baseline Questionnaires.

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