

# Children's Healthy Living Program

CHL



## Food & Activity Log

Name of Child: \_\_\_\_\_

Name of Parent: \_\_\_\_\_

For this record period, please record during the days outlined below:

Day (e.g., Monday)	Date (mm/dd/yyyy)

Please, do not change your child's eating or activity habits. We are interested in finding out what your child does on a normal basis.

**Additional Information to Record for Each Time Your Child Eats Something**

Next to each meal or snack, record additional information. For example, if your child has a "bottled water" while watching a baseball game, the following would be recorded. The place prepared would be "concession stand." The place eaten would be "ball park". The other activity would be "watching ball game." Other examples are in the table below.

Place Prepared	Place Eaten	Other Activities while eating
Home	Home, specify where within home	Sitting & eating only
Grocery store	Friend's home	At day care
Relative's home	Fast-food restaurant	T-ball practice
School	Camp ground	Watching TV
Day care center	Day care center	Running around
Sit-down restaurant	Relative's home	Sports practice
Market stand	Car	Playing video games
Friend's home	School	Family meal time
Fast-food restaurant	Sit-down restaurant	At school
Beach, camp ground	Park bench	At fiesta (party)
Lunch wagon	Backyard	Sitting on porch
Concession stand	Beach	At barbeque

**Tips for recording the foods and beverages that your child eats and activities.**

- Use an ink pen or a #2 pencil and write clearly
- Fill in the times for each meal and snack and activity
- Write each food or ingredient or activity on a separate line
- Write down everything your child ate and drank throughout the day and night
- Record all beverages, including water. Record all activities, including sleep
- Record foods and activities as soon as possible, that is during or right after.
- Keep the Food & Activity Log with you at all times
- When your child is at day care, with relatives, or friends, ask their help for recording foods and activities.
- Use the recipe pages to describe homemade recipes.
- Remember to save packages & containers. Clean the packages and containers before putting into the bag. Put any school/child care menus in the bag.
- Record only the amount of food that your child ate.

First Day



**Participant ID**

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Day: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Mon Tue Wed Thu Fri Sat Sun (circle one)

F O O D L O G					
	Time	Detailed Description of Foods & Beverages	Amount	Place Prepared	Place Eaten
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					



Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Mon Tue Wed Thu Fri Sat Sun (circle one)

F O O D L O G					
	Time	Detailed Description of Foods & Beverages	Amount	Place Prepared	Place Eaten
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					



Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Mon Tue Wed Thu Fri Sat Sun (circle one)

F O O D L O G					
	Time	Detailed Description of Foods & Beverages	Amount	Place Prepared	Place Eaten
25					
26					
27					
28					
29					
30					
31					
32					
33					
34					
35					
36					





Second Day



**Participant ID**

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Day: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Mon Tue Wed Thu Fri Sat Sun (circle one)

F O O D L O G					
	Time	Detailed Description of Foods & Beverages	Amount	Place Prepared	Place Eaten
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					



Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Mon Tue Wed Thu Fri Sat Sun (circle one)

F O O D L O G					
	Time	Detailed Description of Foods & Beverages	Amount	Place Prepared	Place Eaten
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					



Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Mon Tue Wed Thu Fri Sat Sun (circle one)

F O O D L O G					
	Time	Detailed Description of Foods & Beverages	Amount	Place Prepared	Place Eaten
25					
26					
27					
28					
29					
30					
31					
32					
33					
34					
35					
36					





### **More Tips for Keeping an Accurate Food & Activity Log**

- Record the type of activity your child did, e.g. reading, swimming, running, sleeping, watching television.
- Be as specific as possible.
- Record the start time of an activity and the end time of the activity as shown in the sample.

### **Include Detail About Foods**

- Include the cooking method used to prepare food, e.g. baked, broiled, fried, canned, fresh, frozen.
- Include brand names and the name of fast food restaurants whenever possible.
- Describe the liquid included in canned foods, e.g. tuna in water, sliced peaches in heavy syrup.
- Include added condiments, e.g. ketchup, mayonnaise, mustard.
- Record the amount of fat or oil added in cooking.

### **Guidelines to Estimating Portion Sizes**

It's important to be accurate in determining amounts eaten.

- If possible, use measuring cups and measuring spoons provided to make your child's log more accurate.
- In a restaurant, you can ask the serving sizes of various foods (for example, ounces of meat, cups or ounces of ice cream).
- Use the ruler on the back of this book.
- Use the palm of your hand to estimate amounts.
- Use common shapes, such as a deck of cards, a baseball to describe amounts.

Children eat much smaller amounts and more frequently than adults. Therefore, it is important to write down exactly what was eaten and how much at the time of the eating.

RULER

Tips for Keeping an Accurate Food & Activity Log

6 inches

**Brand:** When possible, indicate the brand of processed foods, such as Meadow Gold cottage cheese, Crisco All-Vegetable Shortening. For frozen dinners, indicate the brand and name of the meal.

5

**Extras:** Remember to record the foods or condiments that are extra or added on top like salad dressings, butter/sour cream, sugar or milk on cereal, mayonnaise, syrup.

4

**Cuts:** For meats, specify the cut if possible. When using ground beef, list the type and percent lean. For chicken, indicate which piece(s) of chicken such as leg, breast. Specify type of fish.

3

**Observe:** Observe what your child does throughout the day and record as activities, including sitting, laying on the floor, running, riding a tricycle.  
**Modifications:** Share if the food was low-fat, low-sugar, low-sodium, calcium-fortified, or different from the regular form of the food.

2

**Preparation:** Specify the way food was cooked – such as fried, baked, grilled, boiled. Be sure to list any added fat, sugar, oil, butter, even if added after cooking.  
**Live like always:** Do not change your how your child eats or what you and others prepare for your child to eat.

1

**Eating out:** If you eat your food away from home, be sure to list the restaurant name and how food was cooked. Include restaurant name and how food was cooked.  
**Thoroughness:** Think “detail”. Tell us whether your child ate white or brown rice, 100% orange juice or orange crush, played an active computer game or sat at computer.

0 inches

**Eating portions:** When possible, measure portions using the special measuring cups and measuring teaspoons provided Or use the ruler on the left side of this page.  
**Remember to save packages & containers. Clean the packages and containers before putting into the bag. Put any school/child care menus in bag.**