

Food, Drink, Activity, and Symptom Log

Use this log to record your eating habits, other health behaviors, and how you feel. Jot down everything you eat and drink for a week or two. Include weekdays and days on the weekend. This log has space for two days. Use more pages as needed. Include the amount or size of the food or drink (**one large** apple, **1 cup** of lettuce, **8 ozs.** of coffee). Be specific. (For example, does your drink contain caffeine? What's in your salad or casserole?) Do you see any unhealthy habits that you would like to change? Do you see any connections between how you feel and your habits? Use this information as you set health goals.

	Fill in Date and Day of Week	Fill in Date and Day of Week
	Record food and amount	Record food and amount
Breakfast		
Morning Snacks		
Lunch		
Afternoon Snacks		
Dinner		
Evening Snacks		
Record other things that were happening on these days		
Number of hours I slept		
Ways I relaxed		
How active I was		
Overall how stressed I felt		

How I felt (emotionally & physically). How strong were these feelings?		
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For you to consider:

- Was it difficult to keep this log? What could you do to help yourself with this task?
- Did you see any unhealthy habits that you would like to change?
- Do you see any connections between how you feel and what you are eating and drinking? Any connections between how you feel and the other health habits you recorded? Any connections between what you are eating and drinking and your other health habits?
- What is the first food and drink goal you will work on?
- Do you have any questions for members of your health care team? Do you want guidance from them in helping you set a goal for yourself?

The information in this handout is general. **Please work with your health care team to use the information in the best way possible to promote your health and happiness.**

For more information:

ORGANIZATION	RESOURCES	WEBSITE
University of Wisconsin Integrative Health Program	A variety of Integrative Whole Health handouts on your surroundings	https://www.fammed.wisc.edu/integrative/resources/modules/

This handout was adapted for the University of Wisconsin Integrative Health Program from the original written for the Veterans Health Administration (VHA) by Charlene Luchterhand MSSW, Education and Research Coordinator, Integrative Health Program, University of Wisconsin Department of Family Medicine and Community Health. The handout was reviewed and edited by Veterans and VHA subject matter experts.