

Week 1

FOOD & ACTIVITY TRACKING



Optional:
Reflection and Test your Knowledge questions.



Reflection: After reviewing this week’s lesson, think about the topic discussed and how it relates to you

1. Have you ever tracked your food intake prior to this week?
2. Do you think that keeping a food diary and tracking your intake is important, and is this something you can find useful for weight loss or maintaining a healthy lifestyle? Why or why not?

These next questions are based on the information you entered for your 24 hour food recall.

3. Did you skip any meals during the day (breakfast, lunch, or dinner)? If yes, why? Did you notice any changes in your food intake at the next meal as a result of skipping meals?
4. How often did you snack during the day and what did you eat for a snack?
5. How many cups of non-carbonated/non-caffeinated (water, juice) or carbonated/caffeinated (soda, coffee, tea) did you have during the day? Do you think you can increase your water intake and decrease your soda intake? Why or why not?

**Do you have any specific questions or need advice?
Click the button below to “Ask the Dietitian”**

