



Weight Management

Food Journal

Helpful Tips for Parents:

FOOD DIARY / DAILY FOOD JOURNAL

A food journal is a subjective measure that uses open-ended questions. they are an incredibly helpful tool in weight management/loss. they help to shed light on areas needing nutritional change. it is important to proceed without judgement and without associated shame. Food diaries or journals are designed to determine what is truly being eaten and then allow appropriate changes to be addressed. If the child or teen is not truthful in their food journal for fear of judgement or shame, it will be very difficult to make worthwhile changes. Shame is also a trigger for overeating and must be avoided.



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Daily Food Journal

DATE: _____

BREAKFAST: _____

LUNCH: _____

DINNER: _____

SNACKS: _____

WATER INTAKE (# OF GLASSES/OUNCES) _____

OTHER DRINKS: _____

BOWEL MOVEMENT: YES OR NO

EXERCISE TODAY: _____

MOOD: _____

HOURS OF SLEEP LAST NIGHT: _____

MY FOCUS OR GOAL FOR THIS WEEK IS: _____

