



MOVE! Weight Management Program for Veterans



VETERAN FOOD AND PHYSICAL ACTIVITY LOG



VA



U.S. Department of Veterans Affairs
Veterans Health Administration

FOOD & ACTIVITY LOG

Instructions:

List **ALL** food and drinks that you had each day on the food/beverage log. For each item, include the time, amount, calories, and how you were feeling. Also, track any physical activity you did, the Rate of Perceived Exertion (RPE intensity), and how many minutes you were active.

Weekly Weigh-In:

Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____

Day 5 _____ Day 6 _____ Day 7 _____

My Healthy Eating Goal:

My Physical Activity Goal:

Weekly Reflections or Questions:



Keys to Weight Management Success:

Making a commitment to your weight management goals is critical to success.

- Identify your reasons for wanting to lose weight.
- Set goals that you can reach.
- Eat wisely to cut extra calories.
- Be physically active to improve your health.
- Make lifestyle changes that you can maintain.
- Weigh yourself at least weekly—daily is best.
- Keep a daily record of what you eat and your physical activity.
- Ask your family, friends, and MOVE! team for the support you need.
- Make other life changes to help reach and maintain your desired weight.
- **Celebrate your success!**

