



Two Days in My Life

DIRECTIONS:

Part 1: For two 24-hour days, record everything you eat and drink, including meals and snacks. Don't forget the extras you might put on your food, such as mayonnaise or butter. Desserts and candy count, too. Record the time you eat or drink the foods or beverages and how much you eat or drink. Use the chart below to help you estimate the amounts. You may need to ask the person who prepared the food if you are unsure of the ingredients.

Part 2: For two 24-hour days, record everything you do that is physically active. You can include organized recreation, such as clubs and school sports, and activities you do on your own, such as walking or basketball in the driveway.

FOOD GROUP	MEASURING TOOLS
<p>Fruit Group</p>	<ul style="list-style-type: none"> • One baseball equals one cup. • One small computer mouse equals one-half cup.
<p>Vegetable Group</p>	<ul style="list-style-type: none"> • One deck of cards equals one-half cup. • One baseball equals one cup. • One small computer mouse equals one-half cup.
<p>Milk Group</p>	<ul style="list-style-type: none"> • One eight-ounce glass equals one cup. • One baseball equals one cup. • Two nine-volt batteries equal 1 ½ ounces of cheese and counts as one cup.
<p>Meat & Beans Group</p>	<ul style="list-style-type: none"> • One small computer mouse equals one-half cup of beans and counts as two ounces. • One deck of cards equals two to three ounces of meat. • One nine-volt battery equals one tablespoon of peanut butter and counts as one ounce.
<p>Grain Group</p>	<ul style="list-style-type: none"> • One CD in its plastic case equals one slice of bread and counts as one ounce. • One baseball equals one cup. • One small computer mouse equals one-half cup.



DAY ONE

WHAT AM I EATING AND DRINKING?		HOW PHYSICALLY ACTIVE AM I?	
Time of Day	Name of Food or Beverage	Type of Physical Activity	How long was I active?
Morning			
Afternoon			
Evening			



DAY TWO

WHAT AM I EATING AND DRINKING?		HOW PHYSICALLY ACTIVE AM I?		
Time of Day	Name of Food or Beverage	How much did I eat or drink?	Type of Physical Activity	How long was I active?
Morning				
Afternoon				
Evening				