

Name: _____

Altamonte Pediatrics

Fit Kid Club

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Welcome to the Fit Kid Club! Congratulations on your choice to live healthier and longer! Our goal is to help you and your family develop healthier eating habits and a more active way of life.

1. Please fill out the attached food and activity diary.
 - a. Write the date in the first column.
 - b. Write everything you eat **and** drink in the second column. Please include **how much** of each item you eat or drink (ex: 2 cups of juice).
 - c. Write all your activities in the third column. This includes activities done while sitting (such as watching TV, playing video games, or surfing the net) and while active (bike riding, swimming, PE). Also, please note how much time you spent in each activity.
2. **Bring your diary to the follow-up visit.**
3. Weight goal for follow-up:
 - Maintain current weight: _____
 - Lose 1 pound

Food & Activity Diary

Date	Food and Drink	Activity
Day 1		
Day 2		

Name: _____

Food and Activity Diary (continued)

Date	Food and Drink	Activity
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		