New York University **School of Medicine** - Interclerkship Intensive Program

 **Food, Sleep and Physical Activity Diaries**

**Complete your diaries (REQUIRED) DUE MARCH 27th, 2014**

### Healthcare providers often ask patients to fill out food, physical activity, and/or sleep diaries in order to assess their current behaviors. These diaries can also promote changes in patients’ behaviors through the process of self-monitoring. Please complete the food, physical activity and sleep diaries posted in the “[Assignments” folder in ALEX“](http://alex.med.nyu.edu/portal/tool/0f81aa4b-d38f-4f3b-85f3-8673a7b7220a?panel=Main) while you are on your clerkships. We recommend that you do so for a period of seven days to get a better understanding of your lifestyle habits, but, you are required to do so for AT LEAST 3 DAYS. If you don’t want to use the attached templates, you may use a small notebook, computer, smartphone, etc. as long as you can access them during the Interclerkship Intensive.

Please be aware that your entries will not remain private, as you will be reviewing them with another student. Nonetheless, we encourage you to be as honest and thorough in your responses.

For 3-7 days of the clerkship preceding the Interclerkship Intensive, please record:

* Everything you eat, including beverages and the size of the portions. Provide as much detail as possible. We suggest that record what you eat immediately after each meal rather than try to remember what you ate later on.
* All physical activity (e.g., walking, jogging, swimming) and its duration and intensity. These should be activities above and beyond normal movement from place to place.
* Your sleep habits including:
	+ Your sleep patterns
	+ The time you went to bed, i.e., lie down.
	+ The time you got up to begin your day.
	+ An estimate of the total hours of sleep you got. (Subtract the amount of time you were unable to sleep.)
	+ Quality of sleep, based on how rested you feel when you get out of bed to begin your day.

You will not be required to hand in these diaries, but you must bring them to the Wellness and Behavior Change Workshop on March 27th.