

# Rate Your Own Food Record

Name: \_\_\_\_\_

Date: \_\_\_\_\_



Give yourself one point for each of the following:

- I have **three** days of food records \_\_\_\_\_
- My food records are clearly written or printed \_\_\_\_\_
- I have clearly marked each day \_\_\_\_\_
- My food records are dated \_\_\_\_\_
- I have recorded how my formula is made \_\_\_\_\_

For each day of your food record, give yourself one point if you have completed this information.

	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>
I recorded how much of my formula I drank.	_____	_____	_____
I described the foods I ate. (That is, whenever I needed to I listed brand names and how my food was prepared.)	_____	_____	_____
I listed the gram weights of my foods. (That is, whenever it was the BEST MEASURE I used my gram scale to weigh foods.)	_____	_____	_____
I listed measurements of my foods. (That is, whenever I needed to I listed diameters and sizes of my foods.)	_____	_____	_____
I listed phe values of my foods.	_____	_____	_____
I recorded the free foods that I ate.	_____	_____	_____
I feel that these records are a true recording of what I actually eat.	(YES = 1 NO = 0)		_____

Now, add up all of your points above. Total Points = \_\_\_\_\_

The maximum score is 24 points. If you are close to 24, great job!! You have excellent skills in keeping accurate food records. If your score is less, keep up the hard work. Use this score card to see where you can make improvements.



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