

Appendix

Instructions for the Food and Physical Activity Report

Dear volunteers,

as a student of nutrition therapy on the 1. Faculty of Medicine, Charles University, I am currently working on my master thesis called Monitoring of carbohydrate intake in sportsmen's diet. The supervisor of the thesis is MUDr. Zdeněk Vilikus, CSc. In the practical part, I compare a food and physical activity diaries of athletes and non-athletes over 5 consecutive days of which at least one is a weekend day. The goal is to find differences between athletes' and non-athletes' food habitats with a closer attention on carbohydrate consumption.

I would like to ask you to be so kind and make a following report for me. You will find all necessary specifications and instructions in the following text. Please send all the documents and potential questions to the e-mail address: pourovaveroni@gmail.com

Thank you kindly,

Bc. Veronika Pourová

Instructions:

1. Food diary

Food diary is a detailed report of all the foods and drinks consumed during 5 consecutive days, including at least one weekend day. On the first day of the report, please weigh yourself and note the number. Please do so before breakfast and possibly after going to the bathroom. Note also your height, age and sex.

Please do not modify your diet during the report and if there is an unusual event (vacation, illness...), please start with the report afterwards. Please do not forget to note all the drinks and alcohol. To increase precision, please note the food in the time of consumption.

If you know the exact name of a product, please write it down. If there is a weight on the package, please write it down. If there is no weight on the package or you eat only a part of it, please weigh the item. Try to weigh everything before cooking, however, if there is no

opportunity to do so, please note that you weighed it cooked. If you have no opportunity to weigh the food (for example while eating outside), you can use a table with household measures. Please check the menu in a restaurant and see if there is a weight noted. You can also take a picture of a meal if you are not sure about the amount and attach it to the documents.

You can use an excel table, a notebook or a phone according to what suits you the best.

In the morning reporting the last day, please weigh yourself once again (before breakfast, after going to the bathroom) and note the number.

2. Physical activity diary

Please report all your physical activity in the same days like the food diary. Please, note the activity as detailed as possible. Please write down the time of sleep, studying, working, relaxing, driving a car, cooking, training, walking etc.

A detailed report will help to make a guess of your energy expenditure as exact as possible, I would appreciate your cooperation.

The physical activity will be evaluated using the Compendium of Physical Activities. If you do not wish to report all your activity, you can also have a look at the website and only the time of duration and a MET value. You will find all the MET values on this website:

<https://sites.google.com/site/compendiumofphysicalactivities/Activity-Categories>

Following activities will be evaluated:

1	Bicycling	8	Lawn & Garden	15	Sports
2	Conditioning Exercise	9	Miscellaneous	16	Transportation
3	Dancing	10	Music Playing	17	Walking
4	Fishing & Hunting	11	Occupation	18	Water Activities
5	Home Activities	12	Running	19	Winter Activities
6	Home Repair	13	Self-Care	20	Religious Activities
7	Inactivity	14	Sexual Activity	21	Volunteer Activities

Physical activity report can have two forms; you can also combine them.

Form n. 1: activity type	Form n. 2: MET values only
8 h sleeping	8 h: 0,95
2 h cooking	2 h: 2,5
1 h cycling 20 km/h	1 h: 8,0
3 h studying	3 h: 1,3
2 h watching movie, lying	2 h: 1,3
1 h dog walking	1 h: 3,0
10 min walking up the stairs slowly	10 min: 4,0
1 h eating	1 h: 1,5
30 min cleaning	30 min: 3,3
30 min piano playing	30 min: 2,3
Remaining time: walking in the house	Remaining time: 2,0