



My HealthVet Quick Guide Activity Journal and Food Journal



The My HealthVet **Activity Journal and Food Journals** are online tools. These tools allow you to keep track of your exercise routine and food intake. Using a **Journal** to track your food intake and how active you are can help you reach your personal goals. Using **Journals** may help you notice changes in your habits over time and feel good about your progress. Using **Journals** allows you to partner with your health care team to make informed decisions about your health and health care.

Journal worksheets are available. Use them to quickly and easily record your daily activities and food intake. These worksheets can be printed and kept with you. Once you have completed a worksheet, you can enter the information into your My HealthVet **Activity Journal** and **Food Journal**.

To use the **Activity Journal** and the **Food Journal** you must be [registered](#) in My HealthVet. If you are a Veteran and use the VA Healthcare System you are encouraged to obtain a My HealthVet [Premium*](#) account. With this account you will have access to key portions of your VA health record and Secure Messaging.

If you have questions, you can use **Secure Messaging** to send a message to your VA health care team. Use it to ask about test results or ways you may be able to improve your health. In addition, you may also use it to set up a VA appointment, renew your VA medications, or address other non-emergent issues.

To get a My HealthVet Premium account, you will need to go through authentication. This is a process by which VA verifies a Veteran's identity before allowing access to their VA health record.

To learn more, go to [Upgrading your My HealthVet account through In-Person or Online Authentication](#)

Sharing your information with your caregiver or health care team may help them better understand your health concerns.

Use the **VA Blue Button** to view, print or download your My HealthVet **Activity Journal and Food Journal** information.

- Log into your My HealthVet account
- Select **Download My Data**
- Select **Download only my selected data from My HealthVet**
- Select **Continue**

You can now select the **Types of Information**

- Choose **Select one or more types of information**
- Select **Activity Journal** and/or **Food Journal**
- Select **Submit**

You can now select to **Download** or **View/Print** your information

Visit the My HealthVet **Activity Journal and Food Journal** [Frequently Asked Questions](#). This site has questions and answers that may help you understand more about the feature and how it can help you manage your health.