

Reading Log Template

A reading log is a tool designed to help you engage critically with articles, texts or books and to record new knowledge in a structured way. When reading a text, select up to five quotations that you consider particularly important, interesting, contradictory, challenging to understand or thought-provoking.

For each quotation, provide a brief reflection or commentary. These reflections may serve as a basis for discussion with your peers, supervisor or colleagues.

Use the table below to organise your notes:

Reference (Title, author, year):				
Quotations from the article	Your reflection/ comments	Key concept/ theme	Relation to other sources	Implications for practice/research
<i>Select up to five important quotes</i>	<i>Reflect: Why is this quote important, difficult, or thought-provoking?</i>	<i>E.g. "BMI as a measure", "Social determinants", "Public health"</i>	<i>Compare with other literature – does it agree, contradict, or add nuance?</i>	<i>How can this knowledge be applied in prevention, treatment, or further research?</i>

After completing your reading log, extend the activity with a reflective exercise:

- Choose one quotation that challenged or inspired you the most.
- Write a short reflection (½–1 page) addressing the following:
 - How has this article changed or deepened your understanding of overweight and obesity?
 - Which assumptions were challenged?
 - What new questions has this raised for you?
 - How might this knowledge be applied in practice (e.g., public health, clinical work, policy)?