

Tracking



Keeping a food and exercise journal is a powerful tool for losing weight. Research shows those who keep track of their habits are more likely to be successful in losing weight and keeping it off.

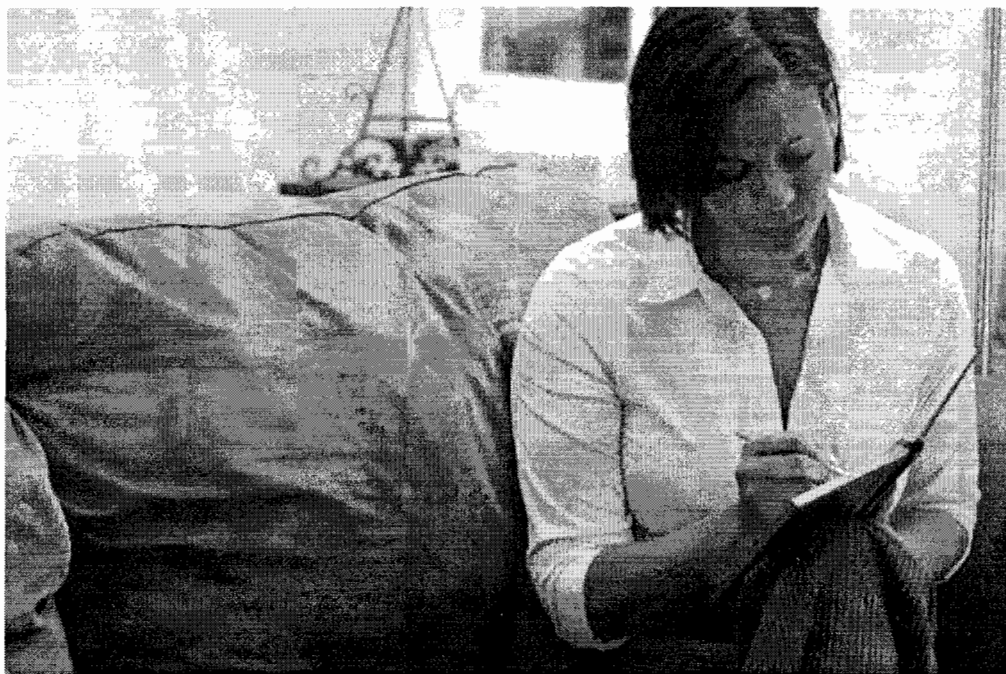
A food-and-exercise journal:

- Helps to identify areas for improvement.
- Prevents “calorie amnesia”; if you write it down, you won’t forget what you had to eat or drink that day.
- Helps you develop self-discipline and consistency.
- Motivates you to plan ahead for meals and exercise.

Pick a journal size that's convenient. Pocket-sized ones are easy to carry and make entries in immediately instead of waiting until later when you may forget what you had. Include in your entries:

- Time and location of meal
- What you ate/drank, including amounts
- Emotions at the time of the meal to help identify triggers for emotional eating
- Activity such as the types, duration and intensity of exercise that day

Use the following food and exercise logs to help you make a commitment to eating healthy and exercising regularly. Make copies for each day. Contact a Health Coach if you have questions.



Meal/Snack	Foods and Beverages	Preparation Method	Feelings
Time/ Location	Consumed + Amount	(Fried, baked, steamed, etc.)	(Stressed, bored, sad, etc.)
Breakfast			
Time:			
Location:			
Snack			
Time:			
Location:			
Lunch			
Time:			
Location:			
Snack			
Time:			
Location:			
Dinner			
Time:			
Location:			

WEEKLY PHYSICAL ACTIVITY JOURNAL

	Date:	Activity Performed	Duration of Exercise (minutes)	Intensity How hard did you work?	How do you feel? Before & After
Sun.					
Mon.					
Tues.					
Weds.					
Thurs.					
Fri.					
Sat.					