

BE FIT FIT

Keeping a Daily Food Journal

In order to determine how much food you need and how much you actually consume, an activity and food journal should be maintained. A journal is a notebook to record the foods you eat, when you eat them, how you felt when you consumed the foods, and how much you exercise.

These guidelines need to be followed:

- **Record your weight weekly.**
To determine accurate progress, record your weight weekly using the same scales and if possible weigh yourself unclothed.
- **Record your physical activity.**
Record activity performed, level of performance, and duration.
- **Record your emotions.**
What were you feeling when you ate? Were you happy, sad, angry, or actually hungry?
- **Record EVERYTHING you eat and the amount.**
In other words, if you ***Bite it – Write it.*** If you have 3 M&M's record it in your journal. If you had 2 bites of ice cream – record it.
- **Record all information immediately after consuming the food.**
You don't want to forget foods or your feelings; your feeling can change several times during the day.
- **Calculate your journal at the end of each day.**
Determine and total calories consumed for the day.
- **Congratulate your efforts for a good day.**
If you maintained an accurate journal congratulate yourself. If you did not, strive to make a better effort tomorrow.

FOOD and EXERCISE DIARY

Weight	Date/Time	Food Consumed	Food Amount	Mood	Activity	Activity Level	Activity Time