1. **Record what you eat and how much you exercise.**

   An essential component of many weight loss interventions is keeping consistent food records. Tracking what you eat will allow you to realistically evaluate your diet and make informed decisions about what to change.

2. **Reduce caloric intake.**

   For many people, reducing caloric intake by 500 calories per day (or burning 500 calories through exercise) will result in 1 to 2 pounds of weight loss per week.

3. **Increase fruit and vegetable intake.**

   Fruits and vegetables are loaded with water and allow you to feel fuller longer. When you’re satisfied, you’re more likely to make better choices about what you eat.

4. **Work toward averaging 180 minutes of moderate activity a week.**

   Adequate physical activity (at least 30 minutes of moderate activity) is important for maintaining weight loss over time.

5. **Find ways to get more active in your everyday life.**

   Move more, lose more. It’s that simple. ‘Found’ exercise is a good way to make small changes that can be sustained over time.
IT’S VERY IMPORTANT TO WRITE DOWN WHAT YOU EAT, HOW MUCH YOU EXERCISE, AND HOW MUCH YOU SLEEP

Research shows that keeping a food diary is very helpful for people who are trying to lose weight. Keeping a log of your eating, exercise, and sleep will help you reach and maintain a weight that is healthy for you.

Writing down what you eat helps you realize the kinds of food you eat now, understand what changes you might want to make to reach your goals, and get you ideas to help you make those changes.

The same is true for your activity and sleep logs—these will help you recognize when you are doing well and when you want to make changes, and help you to make and keep track of those changes.

Follow these instructions to complete your ‘Daily Food Log’:

- **Column 1** is for the amount of a particular food or drink you consumed.
  Example: 1 cup, 8 ounces, or 2 slices.

- **Column 2** is for a simple description of what you ate or drank.
  Example: Skim milk; boneless, skinless chicken breast; or whole wheat bread.

- **Column 3** is for recording the total amount of calories in a food or beverage listed in Column 2. Use your *Calorie King* book to find the number of calories for each food.
  Example: If you ate two large scrambled eggs, you would write 202 (calories) in Column 3.

- **Column 4** is for recording the number of servings of fruit or vegetables in the food item listed in Column 2.
  Example: If you ate 1 cup of green grapes you would write a 1 (for serving) in Column 4. 1 cup of grapes = 1 serving.

- **Column 5** is for recording the number of servings of low-fat dairy products in a food or beverage item listed in Column 2.
  Example: If you drank two 8 ounce glasses of milk at a meal you would write a 2 (for servings) in Column 5. 8 ounces of milk = 1 serving.

- **Column 6** is for recording the number of servings of high fiber servings in a food item you listed in Column 2.
  Example: If you ate 1 cup of oatmeal, you would write a 2 (for servings) in Column 6. ½ cup of oatmeal = 1 serving.

- **Column 7** is for recording the number of servings of fat or oils in a food item listed in Column 2.
  Example: If you ate 2 tablespoons of salad dressing with a salad you would write a 1 (for serving) in Column 7. 2 Tbl of dressing = 1 serving.

Note:
The box at the bottom of Column 3 is to record the total number of calories eaten that day. Please add all the calories you’ve eaten and put the total in this box.

The boxes at the bottom of Columns 4 through 7 are to record the number of total servings you ate that day of a particular food type. Add the servings for each column together and put the total in these boxes.
Daily Activity Log:

- In Column 1 of the activity log, record the type of moderate activity you did that day. Example: brisk walk, swimming, or cycling.

- In Column 2, record the number of minutes you spent doing that moderate activity. Example: 45 minutes.

- Then add the number of minutes you spent exercising that day and put the total number in the box at the bottom of the section.

Daily Sleep Log:

- In Column 1 of the sleep log, place a check mark next to the total number of hours you slept the previous night. Example: If it is Tuesday, then place a check mark next to the number of hours you slept on Monday night.

- In Column 2 of the sleep log, place a check mark next to the total amount of time you spent napping on that day. Example: If it is Tuesday, place a check mark next to the number hours you napped on Tuesday.

Instructions for Weekly Totals:

On the back page of the food and fitness diary you will find space to provide weekly totals for Columns 3 through 6, amount of moderate physical activity, and hours slept.

- Column 1 is for recording the date for each of the last seven days.
- Column 2 is for recording the total calories you ate each day.
- Column 3 is for recording the number of servings of fruits and vegetables you ate each day.
- Column 4 is for recording the number of low-fat dairy servings you ate each day.
- Column 5 is for recording the number of servings of high fiber foods you ate each day.
- Column 6 is for recording the number of servings of fat or oils you ate each day.
- Column 7 is for recording the minutes of moderate activity you got each day.
- Column 8 is for recording the number of hours you slept each night.

Weekly Totals:

The spaces at the bottom of Columns 2 through 8 are to write in your weekly totals. Example: In Column 3 next to weekly totals, you would add up the number of servings of fruits and vegetable you ate for the past 7 days.

Daily Averages:

The space under the weekly totals for each column is to provide daily averages for Columns 2 through 8. To fill out this section, take the weekly total from each column and divide that number by 7 to get a daily average. Example: If your weekly total for calories in Column 2 was 15,000, you would divide that number by 7 for a daily average of 2,142 calories.