

Weight Management Daily Log Instructions

- Record all foods and beverages consumed
- Include the amount and time of day
- Record the calories, carbs, protein or fat grams if you track these items
- Check off glasses of water (1 glass = 8 fluid ounces)
- Record comments: feelings, hunger or meal location
- Record your activity for the day

EXAMPLE:

Today is: Day <u>Monday</u> Date <u>8/1</u>	Calories	Carbs Fat Protein	Comments: Feelings/Hunger
BREAKFAST 8 am			
1 cup all bran cereal	120		Woke up hungry
½ cup skim milk	40		
1 cup blueberries and ½ cup cottage cheese	120		

Q: Why Keep A Record?

A: To increase awareness for effective weight control!

Research shows that people who have been successful at losing and maintaining weight in the long term monitor their activity or food

Use your record to determine:

1. What specific **“trigger”** or **“problem”** foods you tend to overeat?
2. What **portion size** do you serve yourself?
3. Do you **skip meals**?
4. When is overeating in response to **stress** or **boredom**?
5. Do certain situations lead to **unplanned eating**?
6. How often do you eat in **restaurants**?
7. How much **exercise** do you really do?

My Daily Record

Today is: Day _____ Date _____	Calories	Carbs Fat Protein	Comments: Feelings/Hunger
BREAKFAST			
Snack			
LUNCH			
Snack			
DINNER			
Snack			

√ Glasses of Water ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 +

√ Physical Activity _____ Pedometer Steps _____

Notes:

My Daily Record

Today is: Day _____ Date _____	Calories	Carbs Fat Protein	Comments: Feelings/Hunger
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LUNCH			
Snack			
DINNER			
Snack			

√ Glasses of Water ___1 ___2 ___3 ___4 ___5 ___6 ___7 ___8 ___9 +

√ Physical Activity _____ Pedometer Steps _____

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