

Food AND Activity DIARY



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Practice					Practice				
Food Plan: 1200 Calories					Food Plan:				
Positive Thought. "What you get by achieving your goals is not as important as what you become by achieving your goals". - Zig Ziglar					Positive Thought. "Conceive it. Believe it. Achieve it!" - Unknown				
Record foods, amount, time			Tracking		Record foods, amount, & time			Tracking	
10am. 1/2 Plain Bagel, inside scooped; weighs 1.5 oz 2 Tbsp Lite Cream Cheese/chives 4 oz orange juice 8 oz coffee with 2 Tbsp coffee mate lite 11am 2c water			120 cal, 1.5 bd (2) 60cal; 1.5 fat (1)						
1pm. 2 oz turkey breast 2 c mix green vegetables 2 Tbsp FF vinaigrette 1 sm tomato 1c watermelon 1c ice tea			110 cal, 2 mt; (2) free (0) free (0) 25cal, 1 veg (0) 60cal, 1 fr (1) 1c fluid						
3pm. 1c water, 2c FF popcorn			1c fluid 65cal; 3/4 bd; (1)						
5pm. 1c crystal-lite punch			1 cup fluid						
8pm. 3 oz grilled salmon 4 oz sweet potato with artificial sweetener; cinnamon, 2 tsp FF margarine 1c steamed broccoli 1c ice tea			165 cal, 3 mt (4) 105cal;1.5 bd (1) free free 50 cal; 2 veg (0) 1c fluid						
10pm. 1c LF ice cream with 2 Tbsp cool whip lite and 1 Tbsp low sugar jam 1c crystal-lite punch			220cal, 2 mk; 1 fat (5); 20cal, 1/2 fat (0); 30 cal, 1/2 fr (0) 1c fluid						
Summary					Summary				
Calories	Protein	Fat	Carbs	Points	Calories	Protein	Fat	Carbs	Points
1032	67	33.5	114	19					
Food Groups					Food Groups				
Vegetable 3		Fruit 2.5			Vegetable		Fruit		
Bread/Starch		Milk 2			Bread/Starch		Milk		
Meat		Fat 2.5			Meat		Fat		
Fluid		Optional Calories 0			Fluids		Optional Calories		
Exercise					Exercise				
Type of Exercise: Dog Walking					Type of Exercise:				
How long (in minutes): 30 minutes					How long (in minutes)				
Notes/Goals/Thoughts. I felt really hungry today. Kept busy outside the house and away from places that serve food. Took photos of Snoopy for children's book.					Notes/Goals/Thoughts.				

Day 1					Day 2				
Food Plan.					Food Plan.				
Positive Thought. "Weigh your options, choose a course and follow through. Your on your way to success." - Dr. Frank					Positive Thought. "Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it." - Goethe				
Record foods, amount, & time			Tracking		Record foods, amount, & time			Tracking	
Summary					Summary				
Calories	Protein	Fat	Carbs	Points	Calories	Protein	Fat	Carbs	Points
Food Groups					Food Groups				
Vegetable		Fruit			Vegetable		Fruit		
Bread/Starch		Milk			Bread/Starch		Milk		
Meat		Fat			Meat		Fat		
Water		Optional Calories			Water		Optional Calories		
Exercise					Exercise				
Type of Exercise:					Type of Exercise:				
How long (in minutes)					How long (in minutes)				
Notes/Goals/Thoughts.					Notes/Goals/Thoughts.				

Day 3					Day 4				
Food Plan.					Food Plan.				
Positive Thought. "Our imagination is the only limit to what we can hope to have in the future." - Charles F. Kettering					Positive Thought. "Respect starts with how you treat yourself." - unknown				
Record foods, amount, & time			Tracking		Record foods, amount, & time			Tracking	
Summary					Summary				
Calories	Protein	Fat	Carbs	Points	Calories	Protein	Fat	Carbs	Points
Food Groups					Food Groups				
Vegetable		Fruit			Vegetable		Fruit		
Bread/Starch		Milk			Bread/Starch		Milk		
Meat		Fat			Meat		Fat		
Water		Optional Calories			Water		Optional Calories		
Exercise					Exercise				
Type of Exercise:					Type of Exercise:				
How long (in minutes)					How long (in minutes)				
Notes/Goals/Thoughts.					Notes/Goals/Thoughts.				

Day 5					Day 6				
Food Plan.					Food Plan.				
Positive Thought. "Confidence comes not from always being right, but from not fearing to be wrong." - Peter McIntyre					Positive Thought. "Why not go out on a limb? That is where all of the fruit is." - Will Rogers				
Record foods, amount, & time			Tracking		Record foods, amount, & time			Tracking	
Summary					Summary				
Calories	Protein	Fat	Carbs	Points	Calories	Protein	Fat	Carbs	Points
Food Groups					Food Groups				
Vegetable		Fruit			Vegetable		Fruit		
Bread/Starch		Milk			Bread/Starch		Milk		
Meat		Fat			Meat		Fat		
Water		Optional Calories			Water		Optional Calories		
Exercise					Exercise				
Type of Exercise:					Type of Exercise:				
How long (in minutes)					How long (in minutes)				
Notes/Goals/Thoughts.					Notes/Goals/Thoughts.				

Day 7				
Food Plan.				
Positive Thought. "Everything is difficult before it becomes easy." - unknown				
Record foods, amount, & time			Tracking	
Summary				
Calories	Protein	Fat	Carbs	Points
Food Groups				
Vegetable		Fruit		
Bread/Starch		Milk		
Meat		Fat		
Water		Optional Calories		
Exercise				
Type of Exercise:				
How long (in minutes)				
Notes/Goals/Thoughts.				

Week One in Review

Weight: _____ Weight Change: _____

How many days did you write in your Journal? _____

How many times did you participate in a physical activity this week? _____

Name five of your favorite foods.

Self Awareness Assignment each day for the next seven days repeat at least three times a day:

"I Choose a Healthier Lifestyle."

Name three (3) reasons you want a healthier lifestyle.

Goal Setting. What would you like to accomplish this week? Remember realistic expectations (example: 1 to 2 pounds per week weight loss)

Weight: _____

Activities: _____

Feelings: _____

Others: _____
