Resources (Healthcare providers, web sites, phone numbers of exercise partners, etc.)

Check Your Health Hotline at 1-888-222-2542
Check Your Health website www.checkyourhealth.org.

Nutrition & Activity Tracker

This 8 day record is designed to help you recognize and manage how you eat and how active you are. Keep it with you all day. Write down everything you eat and everything you do to be physically active each day.

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Why Track Your Nutrition & Physical Activity?

The food diary is an effective weight management tool. In order to lose or manage weight, you must understand your eating habits and what triggers eating and activity habits. Tracking health decisions helps you identify why you make the choices you do. Often our most damaging eating happens when we're not paying attention. We eat as a reflex to certain situations or emotions. We may eat because we're bored, stressed, celebrating, etc. If you eat because of stress, then maybe your focus should be on finding stress reduction techniques rather than a weight loss program.

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Time	Food and Quantity	D	F	G	P	V	O	W	Physical Activity	Minutes
	Total Servings								Total Minutes	
	Recommended	2-3	3-5	6-11	2-3	3-5	rare	6-8	Recommended	30 Min.

D = Dairy, **P** = Protein/Beans/Meat
F = Fruits, **V** = Vegetables
G = Grain, **O** = Other , **W** = Water

Tracking Record

Day 8: (circle) S M T W Th F S

Time	Food and Quantity	D	F	G	P	V	O	W	Physical Activity	Minutes

D = Dairy, **F** = Fruits, **G** = Grain, **P** = Protein/Beans/Meat, **V** = Vegetables, **O** = Other, **W** = Water Recommended : 30 min.

Tracking Tips

How to Track your Nutrition & Physical Activity

1) Write down everything that goes into your mouth. (It's the times that you don't want to write down that are the most important.)
2) Be honest.
3) Track normal eating & activity behaviors.
4) Use this record to track:
- What you eat
- When you eat
- How much you eat*

*You may want to also notice thoughts, moods and/or feelings before and after eating.

5) Evaluate your record and develop a strategy to encourage better eating and activity habits.
6) Set goals to improve.

Sample Goals

Physical Activity	Action Plan - (Steps needed to accomplish goal.)	Timeline
Lose 5 to 10 lbs, so I can move easier and improve my blood pressure.	*1) I will add one day of walking to my present schedule.* *2) I will walk on Monday, Wednesday and Friday at lunchtime for 30 minutes.*	*I will achieve this goal in 20 weeks.*
Nutrition	**Action Plan - (Steps needed to accomplish goal.)**	**Timeline**
Eat healthy snacks at home and at work to have more energy.	*1) Keep a bowl of fruit on the kitchen counter.* *2) Add cut vegetables to sack lunch.* *3) Prepare single servings of crackers, fruit or vegetables to keep in the refrigerator.* *4) Limit snacks to certain times & places.*	*I will make a habit of healthy snacks over the next 12 weeks.*

Time	Food and Quantity	D	F	G	P	V	O	W	Physical Activity	Minutes
Total Servings									Total Minutes	
Recommended		2-3	3-5	6-11	2-3	3-5	rare	6-8	Recommended	30 Min.

D = Dairy, **P** = Protein/Beans/Meat
F = Fruits, **V** = Vegetables
G = Grain, **O** = Other , **W** = Water

Tracking Record

Day 7: (circle) S M T W Th F S

Time	Food and Quantity	D	F	G	P	V	O	W	Physical Activity	Minutes

D = Dairy, **F** = Fruits, **G** = Grain, **P** = Protein/Beans/Meat, **V** = Vegetables, **O** = Other, **W** = Water Recommended : 30 min.

My Goals

Physical Activity	Action Plan - (Steps needed to accomplish goal.)	Timeline
Nutrition	**Action Plan - (Steps needed to accomplish goal.)**	**Timeline**

Forms of Moderate Physical Activity	Food Serving Sizes
·Walking briskly ·Golfing, pulling or carrying clubs ·Swimming, recreational ·Mowing lawn, power motor ·Tennis, doubles ·Bicycling 5 to 9 mph, level terrain, or with a few hills ·Scrubbing floors or windows ·Weight lifting, using machines or free weights	**Dairy (D)** = 1 cup milk or yogurt, 1 1/2 oz. natural cheese, 2 oz. processed cheese **Fruits (F)** = 1 piece fruit or melon wedge, 3/4 cup juice, 1/2 cup canned fruit, 1/4 cup dried fruit **Grain (G)** = 1 slice of bread, 1/2 cup cooked rice or pasta, 1/2 cup cooked cereal **Protein/Beans/Meat (P)** = 3 oz. cooked lean meat, poultry, or fish, 1/2 cup cooked beans or 1 egg **Vegetables (V) =** 1/2 cup chopped raw or cooked vegetables, 1 cup leafy raw vegetables **Other (O) =** Fats & sweets, limit calories **Water (W) =** 8 oz. or about 1 cup
FOR 10,000 STEPS A DAY 2,000 steps = 1 mile or about 15 minutes of brisk walking	

Time	Food and Quantity	D	F	G	P	V	O	W	Physical Activity	Minutes
	Total Servings								Total Minutes	
	Recommended	2-3	3-5	6-11	2-3	3-5	rare	6-8	Recommended	30 Min.

D = Dairy, **P** = Protein/Beans/Meat
F = Fruits, **V** = Vegetables
G = Grain, **O** = Other , **W** = Water

Tracking Record

Day 6: (circle) S M T W Th F S

Time	Food and Quantity	D	F	G	P	V	O	W	Physical Activity	Minutes

D = Dairy, **F** = Fruits, **G** = Grain, **P** = Protein/Beans/Meat, **V** = Vegetables, **O** = Other, **W** = Water Recommended : 30 min.

Sample Tracking Record

Time	Food and Quantity	D	F	G	P	V	O	W	Physical Activity	Minutes
8 am	1 cup oatmeal with 1 cup milk, 1 orange	1	1	3			1		Early morning walk	20
	and 1 piece of toast with jam									
10 am	1 Apple and 16 oz. glasses water		1					2		
Noon	One turkey sandwich, 1/2 cup baby carrots, 1 glass		1	2	2	1			Walk after lunch	15
	fruit drink and 1 apple									
3 pm	1 Yogurt, 1/2 cup nuts and 16oz. water	1			1			2		
6 pm	1/2 cup chicken & 1 cup pasta, with 1/4 cup red		1	4	1	2	1	2	Ball game with family	30
	sauce, 1 cup steamed zucchini, 1 breadstick,								and friends	
	1/2 cup berries, 16 oz. water									
Total Servings		2	4	9	4	3	2	6	Total Minutes	65 min.
Recommended		2-3	3-5	6-11	2-3	3-5	rare	6-8	Recommended	30 Min.

D = Dairy, **P** = Protein/Beans/Meat
F = Fruits, **V** = Vegetables
G = Grain, **O** = Other , **W** = Water

Tracking Record

Day 1: (circle) S M T W Th F S

Time	Food and Quantity	D	F	G	P	V	O	W	Physical Activity	Minutes

D = Dairy, **F** = Fruits, **G** = Grain, **P** = Protein/Beans/Meat, **V** = Vegetables, **O** = Other, **W** = Water Recommended : 30 min.

Time	Food and Quantity	D	F	G	P	V	O	W	Physical Activity	Minutes
	Total Servings								Total Minutes	
	Recommended	2-3	3-5	6-11	2-3	3-5	rare	6-8	Recommended	30 Min.

D = Dairy, **P** = Protein/Beans/Meat
F = Fruits, **V** = Vegetables
G = Grain, **O** = Other , **W** = Water

Tracking Record

Day 5: (circle) S M T W Th F S

Time	Food and Quantity	D	F	G	P	V	O	W	Physical Activity	Minutes

D = Dairy, **F** = Fruits, **G** = Grain, **P** = Protein/Beans/Meat, **V** = Vegetables, **O** = Other, **W** = Water Recommended : 30 min.

Time	Food and Quantity	D	F	G	P	V	O	W	Physical Activity	Minutes
Total Servings									Total Minutes	
Recommended		2-3	3-5	6-11	2-3	3-5	rare	6-8	Recommended	30 Min.

D = Dairy, **P** = Protein/Beans/Meat
F = Fruits, **V** = Vegetables
G = Grain, **O** = Other , **W** = Water

Tracking Record

Day 2: (circle) S M T W Th F S

Time	Food and Quantity	D	F	G	P	V	O	W	Physical Activity	Minutes

D = Dairy, **F** = Fruits, **G** = Grain, **P** = Protein/Beans/Meat, **V** = Vegetables, **O** = Other, **W** = Water Recommended : 30 min.

Time	Food and Quantity	D	F	G	P	V	O	W	Physical Activity	Minutes
	Total Servings								Total Minutes	
	Recommended	2-3	3-5	6-11	2-3	3-5	rare	6-8	Recommended	30 Min.

D = Dairy, **P** = Protein/Beans/Meat
F = Fruits, **V** = Vegetables
G = Grain, **O** = Other , **W** = Water

Tracking Record

Day 4: (circle) S M T W Th F S

Time	Food and Quantity	D	F	G	P	V	O	W	Physical Activity	Minutes

D = Dairy, **F** = Fruits, **G** = Grain, **P** = Protein/Beans/Meat, **V** = Vegetables, **O** = Other, **W** = Water Recommended : 30 min.

Time	Food and Quantity	D	F	G	P	V	O	W	Physical Activity	Minutes
Total Servings									Total Minutes	
Recommended		2-3	3-5	6-11	2-3	3-5	rare	6-8	Recommended	30 Min.

D = Dairy, **P** = Protein/Beans/Meat
F = Fruits, **V** = Vegetables
G = Grain, **O** = Other , **W** = Water

Tracking Record

Day 3: (circle) S M T W Th F S

Time	Food and Quantity	D	F	G	P	V	O	W	Physical Activity	Minutes

D = Dairy, **F** = Fruits, **G** = Grain, **P** = Protein/Beans/Meat, **V** = Vegetables, **O** = Other, **W** = Water Recommended : 30 min.

Time	Food and Quantity	D	F	G	P	V	O	W	Physical Activity	Minutes
	Total Servings								Total Minutes	
	Recommended	2-3	3-5	6-11	2-3	3-5	rare	6-8	Recommended	30 Min.

D = Dairy, **P** = Protein/Beans/Meat
F = Fruits, **V** = Vegetables
G = Grain, **O** = Other , **W** = Water