

# Eating & Activity Log

Writing down what you eat is one of the only proven ways to control your weight

It's been scientifically proven that one of the best ways to lose weight is to write down everything you eat. Just by writing it down, you will be more aware of what you eat and how many calories you take in during the day. Keeping track will also help you keep off the weight you lose – one of the toughest parts of staying at a healthy weight.

People typically underestimate the number of calories they consume in a day – sometimes by as much as 75%. The key is to include EVERYTHING – sodas, candy, snacks, even when you eat out. You can use our handy Pocket Calorie Guide (available online at [www.taylorourhealth.com](http://www.taylorourhealth.com)) to help you calculate restaurant meals, or ask your server for a calorie listing.

The page at right shows the eating & activity log page which covers one week of eating and activity. Just print the page out one-sided on any inkjet or laser printer. Fold at the first fold line (printed side out), then again at the second fold line (Eating Plan and Activity Plan pages to the outside). You'll have a pocket log you can take anywhere with you. If you want to carry more than one week, just stack the number of pages you want after you make the first fold, staple in the middle and fold again.

On the pages following the eating and activity log, you'll find a cover & goals page as well as meal and activity plans you can use to help you plan what to eat and the physical activities you want to do during the week.

Writing down a meal plan is an important part of losing weight. It's when you're in a hurry or grabbing a quick snack that you're most tempted to go for pre-packaged, high calorie foods.

So do your planning, write down what you eat, try to stay under your daily calorie goal and start losing weight today! You CAN do it.

MONDAY 180

Bacon - 3 slices	70	Chicken salad	350
Toast + margarine	200	french fries	200
apple	70	iced tea	20
Submarine sandwich	500		
coleslaw	50		
cola soda	140	TOTAL FOR THE DAY	1600

Fold here second

Fold here first

The form is divided into two main sections: 'Eating Plan' and 'Activity Plan'. The 'Eating Plan' section includes a table for listing foods with calories and a weekly summary table. The 'Activity Plan' section includes a table for listing activities and exercise for the week. The form is designed to be folded into a pocket size.

**Eating Plan**

Work with your doctor to develop a meal plan that helps you lose weight and protect your health.

Keep a list of sample food selections that fit your plan as a reference when eating out, traveling or when you dine at home.

Breakfast: 1-3  
Mid-Morning Snack: 1-3  
Lunch: 1-3  
Afternoon Snack: 1-3  
Dinner: 1-3  
Evening Snack: 1-3

LIST THE FOODS YOU EAT WITH CALORIES

MONTH									
MONDAY									
TUESDAY									
WEDNESDAY									
THURSDAY									
									TOTAL FOR THE DAY

**Activity Plan**

Work with your doctor to develop a list of activities that you can do as often as possible to increase your activity on a daily and weekly basis.

1 - mile 2 - mile 3 - moderate 4 - heavy 5 - vigorous

LIST YOUR ACTIVITIES AND EXERCISE FOR THE WEEK.

MONDAY									
TUESDAY									
WEDNESDAY									
THURSDAY									
									TOTAL FOR THE DAY



