

# ***Food & Fitness Log***

## ***Instructions***

This **Food & Fitness Log** is a powerful tool to help you eat healthy and stay active. Keeping a brief daily record of the food and drinks you have, plus the physical activity you do will make it easier to stay on track to achieve your goals.

Up to 90% of successful slimmers keep a record of their food and fitness routine. With all the information down on paper, you can clearly see any negative habits you need to change. The simple act of keeping a record also helps you to focus on making progress.

### ***How to keep your daily log***

**Each page starts on a Monday** - Write in the starting date.

**Your food and drink** - Write a brief description of everything you ate and drank during the day.

**Your exercise** - Write down the type and duration of exercise you have completed each day. For example: a 20 minute walk, 1 hour gym session or 45 minutes of tennis. If you have been active during your day in other ways, write this in too. For example: cleaning or walking to the shops.

**How you feel** - Write a brief description of how you feel each day. For example: full of energy, enjoyed my walk, ate really well. Even if you had a tough day, make a note of this as it will help you see how to make improvements.

**And don't forget to tick the box** - My day was Terrific, OK or Below average.

### ***Review your progress each week***

At the end of the week you'll see a pattern in your eating, exercise routine and how you rated your day. You may be right on track for the results you want. But you may also see opportunities to make positive changes.

To get ready for the next week, answer the questions about your successes, slip-ups and what you can do differently to build a better routine for the results you want.