



dear diary

Keeping a diary of everything you eat and drink is key to following any successful weight loss diet. Review your diary weekly to discover trends and problem areas.

What did I eat? Keep track of everything you eat and drink, including small nibbles and snacks. Count how many calories you consumed; also look to see if you tend to eat a lot of fat and sugar-filled foods.

How much did I eat? Did you eat too little or too much at dinner? Analyze your habits and make adjustments.

Where did I eat? Are you sitting in front of the television or eating while driving? If so, you may tend to overeat.

When do I eat? Do you tend to skip breakfast and eat a big dinner? Eating regularly throughout the day will help keep you slim.

Did I exercise? For successful weight loss, exercise from 30 to 90 minutes a day. It doesn't matter what type of activity, just get moving!

How did I feel? Moods affect how you eat. Record how you feel – bored, happy, content or mad. Note the correlation between what you eat and what your mind-set is.

	breakfast	lunch	dinner	snack	exercise	mood
sunday						
monday						
tuesday						
wednesday						
thursday						
friday						
saturday						