

Instructions for Food and Fitness Log

Why? We need to start with where you really are. Everyone has an idea of what they eat and what they do, but we need to know more than that before we can make a significant impact on your weight. The food and fitness log will help us establish where you are, and help guide us as we work together to reach your goals.

This will take some time, especially as you are getting started, but it is **the single BEST WAY to lose weight**, and keep it off. **Your log is worth its weight in gold.**

1. As you start to keep track of your calories, we will establish your resting metabolic rate. This is your basic calorie need just to live. We will add in your activity level. The two added together is your daily calorie need if you want to maintain your weight. We will work together to establish a calorie goal for the weight loss goal that you set.
2. Record everything you eat AND drink (including water and tastes – or samples at Costco?). **If you bite it, you write it.**
3. Record exactly what you eat. For example – don't just write "bread." Write, "1slice whole wheat bread." Don't just write "cheese;" write, "one 1-ounce stick mozzarella string cheese."
4. Record how you are feeling. Are you bored, tired, stressed, hungry...
5. Record exactly how much you eat. You may want to invest in measuring cups and a scale so you can start learning what a portion size really looks like.
6. Write down the number of calories (use your Calorie King book, or other tools).
7. Record your deliberate physical activity and the intensity of the workout – high, medium, low. This is activity that you do to improve your cardiovascular system, muscles or flexibility.
8. Record exactly how much time you spent.
9. Write down the estimated number of calories that you burned. You may use a pedometer, an exercise machine, or other resources for this.
10. Take your calories in (the calories from food and drink) and subtract the calories that you expended exercising. Try to get as close to your calorie goal as possible.
11. Record anything you thought was important. Did you find success? Did you find a place that needs more work? How did you feel? How could you do better?
12. Make adjustments to your eating patterns as needed to get closer to your calorie and health goals.
13. Make adjustments to your calorie goal as needed to maintain a healthy rate of weight loss.

REMEMBER

- This is the foundation for our work together. Spelling is not important. Use abbreviations as you'd like. Be as messy as you like. Just write it down!
- **Be honest.** Write down what you REALLY eat and drink, not what you think would be more pleasing to you or me.
- Be accurate. Write down what you eat as soon as possible – it's easy to forget!
- Be complete. Write down the creamer in the coffee, the mayonnaise on the sandwich and the butter on the toast.
- Ask for help if you need it. Don't wonder – just drop us an e-mail or give us a call. **We are happy to help.**