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Start a Food & Activity Journal

Tracking

Track your food intake for at least three days before our meeting. Be sure to include *what* and *when* you ate.

- Try to journal one weekend day
- Include any *purposeful activity* you did that day. This does not include walking to work, taking the dog out, or cleaning the house. Purposeful activity might be a 30-minute jog or walk or a soccer game.

Don't forget to include water, coffee, soda, small snacks or anything else that isn't a meal.

Portions & What You Eat

Try to be as accurate as possible with portion sizes. Sometimes where you buy or eat food will also make a difference as well.

Do	Don't
1 Starbuck's Chocolate Chip Cookie	1 Chocolate Chip Cookie
3 Slices of Double Crust Pizza	Pizza
1 Harvest Salad from Corner Bakery	Salad
1 Medium Movie Theatre Popcorn	Popcorn
2 Pieces French Bread w/ Olive Oil	Bread
2 Handfuls of M & Ms	M & Ms or just "candy"
2 Coronas	Beer
2 Glasses of Red Wine	Wine

Honesty is always the best policy. It can be a real eye-opener to see that you managed to grab six handfuls of M & Ms off a co-worker's desk throughout the day or that you went eight hours in between meals without eating. Nonetheless, developing an effective nutrition program that will help you achieve your goals requires the small details that might otherwise get overlooked.

Track your food in a format that can be e-mailed (in Word, Excel or the body of an e-mail). Below is a form I suggest. It's simple. That's all you need!



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Date: _____

Time of Day	Food Eaten	How you felt 20 min later*

*How you feel 20 min later is *optional*, but can be a real eye opener to various food sensitivities, etc.