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WEIGHTwise

Food and Activity Diary

Keeping a food diary may be a key to losing extra weight. Experts say that this simple activity can encourage you to eat less. For some people, having to write down everything they eat helps prevent overeating.

It can take time to reach physical activity goals. Using an activity log is a good way to measure your progress. This way you can see small improvements over time. This can help give you a sense of satisfaction. It can boost your confidence. This helps keep you motivated.

Use this chart to track the foods you eat each week. Doctors recommend drinking eight glasses of water a day. Check a glass on the chart for each glass you drink. Write down what physical activity you do. Include how long you do it.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Breakfast							
Lunch							
Dinner							
Snacks							
Water							
Physical Activity							

Sources: Centers for Disease Control and Prevention
Department of Health and Human Services Healthier US.gov