

How a Food Journal Can Double Your Weight Loss Efforts...



**And TRANSFORM Your Body...in
Record Time!**

Food Journal

A food journal has been proven to be a very effective tool for weight loss. By documenting your food intake, you will have the necessary feedback you can use to help determine the changes you need to make to improve your eating habits for lasting weight loss.

A food journal can also provide awareness as to what and how much you are eating so you will know “where you are” and if you are getting too many or too few calories and can reveal your total calorie intake, as well as ratios (percentage of your diet) from carbohydrates, protein and dietary fat as well as your fiber intake and sodium levels. You will know if you are getting enough whole food nutrients from fruits, vegetables, whole grains, and lean protein sources each day to keep your ratios balanced.

What You Need for Your Food Journal

You will need a three-ring binder, a three-hole paper puncher, paper and your printer. I have designed the food diary pages you need to keep track of your diet. In order to know how many calories, grams of carbohydrates, fats and proteins that you are eating you need to carefully measure your portion sizes.

A kitchen scale, measuring cups and measuring spoons will come in handy. You also need to know how to read [Nutrition Fact Labels](#) to understand the portion sizes for packaged food. I highly recommend attending one of our grocery food shopping tours or a private nutrition coaching session which will help you decipher food labels and fancy packages.

A nutrition data base is needed to find all the nutrition information for foods you eat that don't have Nutrition Facts Labels. My favorite website www.calorieking.com. Once you have all these items ready, you need to understand your diet and how to change your diet to control your weight and improve your health.

Use the following pages to record what you eat and when. You need to keep your first food journal for at least seven days before you can really get an idea of what your current diet is like and what your problem areas are.

If you have found that you tend to eat in response to emotions, boredom, or when you are not hungry, complete the “Food for Thought” section at the bottom of the food journal and consult with a Certified Nutrition Coach for recommendations.

Instructions:

1. Make 7 copies of the food journal.
2. Record *everything* you eat *and* drink in your nutrition journal every day over the next 7 days. This step is to create awareness and help determine where your nutrition habits currently stand.
3. Be sure to read food labels and check the food label for the appropriate serving sizes. If you do not have a food label for your food item, you can refer to www.calorieking.com for food values.
4. Be sure to add the totals at the bottom of food journal form. List the total calories eaten per day as well as the total grams for carbohydrates, protein, fats and fiber and for sodium (in milligrams).

Food Journal

Name: _____

Date: _____

Water Intake (8 Oz):

MEAL	TIME:	FOOD AND DRINK (Type and Amount)	Cal./Pts.	Total in Grams			Fiber	Sod.. (mgs)
				Pro	Carbs	Fat		
1								
2								
3								
4								
5								
TOTALS:								

EXERCISE AND ACTIVITY
NUMBER OF STEPS TODAY:
WHAT DID I DO TO BE ACTIVE TODAY? (Include time)

FOOD FOR THOUGHT (Notes, goals, insights, challenges, reminders, questions)

\$87.00 value

FREE FITNESS & WEIGHT LOSS DIAGNOSTIC CONSULTATION

Expires in 30 days, claim right now!

___ **Yes!** I want to schedule a private weight loss consultation and nutrient analysis with you to discuss hiring you as my fitness and nutrition coach. I understand that your services are “in-demand” and your time is limited. That’s why I’m acting now to take advantage of this gift certificate (a \$87 value) and requesting to schedule a private Body Diagnostic Consultation with you at your next available appointment.

During my Body Diagnostic Consultation you will give me a complete fitness assessment, and then share exactly what I need, to get in **the best shape of my life**. Including:

- Specific to me information and custom fitness and nutrition recommendations.
- Finally! Actionable advice on how I can achieve my health & fitness goals.
- The opportunity to sign on with you as a client and get fit and healthy once and for all.

If there's availability, I understand you are the premiere health & fitness expert in Colorado Springs, and demand is huge! I’m sick of wasting my time on false solutions and promises that don’t deliver. I’m ready to commit 100% to do what it takes to achieve my goals and take action now.

Furthermore, I understand that if I’m able to hire you as my fitness coach, my success is **100% guaranteed**. I’m not only going to get maximum health, fitness, and weight loss results in minimum time, but I’m going to build a solid foundation to ensure I maintain my results FOR THE REST OF MY LIFE!

That is why I am calling your office right away to claim this gift certificate and schedule my Body Diagnostic Consultation (\$87 value) while openings last!

Expires in 30 days, claim right now!

Call 719-229-2639 to schedule your appointment