

A food and activity journal is one of the most powerful tools proven to help you change your eating habits. Writing down what you eat for lunch and your activity level creates awareness. When you are aware of your actions, it is easier to change what isn't working for you.

Start tracking your progress today. It will increase your will power and strengthen your resolve to stick with your new healthy lunches. Begin by setting goals. Setting goals helps you be successful at creating change. Set positive, realistic goals. Readjust your goals as you successfully achieve them.

Tips for keeping track

- Write in your food tracker when you finish eating your lunch.
- List the foods you eat from each food group and the number of servings.
- Be honest. This will help you understand your eating patterns.
- Some employers will have contests to encourage people to eat healthy at lunchtime. If your employer is not offering a contest, suggest that they offer prizes to people who can complete the lunch log within the recommended portions and types of foods for at least a week or longer.
- If your employer is not offering prizes. Reward yourself! For example, if you can go for at least 2 work-weeks and follow the guidelines where most of the food groups and portion sizes are followed most of the time, buy yourself a new pair of sneakers so you can increase your physical activity.

| | Grains | Fruits | Vegetables | Meat & Beans | Dairy | Physical Activity |
|-----------|--------|--------|------------|--------------|-------|--|
| Monday | | | | | | <input type="checkbox"/> I completed at least 30 minutes of physical activity today |
| Tuesday | | | | | | <input type="checkbox"/> I completed at least 30 minutes of physical activity today |
| Wednesday | | | | | | <input type="checkbox"/> I completed at least 30 minutes of physical activity today |
| Thursday | | | | | | <input type="checkbox"/> I completed at least 30 minutes of physical activity today |
| Friday | | | | | | <input type="checkbox"/> I completed at least 30 minutes of physical activity today |

Date:

Name: