

# habit TRACKER

THE WEIGH TO HEALTH



  
Intermountain<sup>SM</sup>  
Healthcare

manage your weight  
be physically active  
make wise food choices  
enjoy your life every day



## The habit of health—get into it!

Use this tracker to:

- Learn how physical activity, good nutrition, and weight management work together for your health.
- Record your activity and nutrition choices every day to get a big-picture view of your decisions.
- Set goals, stay on track, and see your progress toward better habits—and better health.

**Name:**

---

**Phone:**

---



### What works for weight management?

There's really no secret. Numerous studies tell us that successful weight management depends on a few key actions:

- **Being physically active.** Exercise helps you lose weight—and keep it off. In fact, physical activity is the single best predictor of long-term weight maintenance. Aim for at least 30 minutes of moderate aerobic activity most days of the week. Even more is better if you're trying to lose weight.
- **Eating a healthy, balanced diet.** People who have maintained their weight loss for more than a year say that they eat more fruits, vegetables, and other high-fiber foods. They also pay more attention to portion sizes.
- **Losing weight slowly if you need to lose weight.** Research shows that crash diets rarely work—and are often dangerous. Losing one to two pounds a week is a good target rate.

As you begin tracking your own weight loss or maintenance, keep a couple of things in mind. First, weight management is about **changing your lifestyle, not following a fad**. Second, **it gets easier as you go along**. Day by day, your healthier choices become habits.

## Why track? for your health

*Paying attention to your decisions helps you make better ones.*

### **A tried and true tool.**

Many people who succeed at weight management say that keeping a food and exercise log is important. Why? It seems that tracking health decisions helps you identify why you make the choices you do. This takes you off your “autopilot setting”—and gives you a powerful chance to create new, better behaviors.

**Use the back page of this book to track your weight over time.**

### **Know where you're going.**

Having goals is another way to stay focused on the choices you make every day. It's also a great way to stay motivated, help you celebrate your progress, and give some structure to your efforts. Want to eat 5 vegetable servings a day? Hope to run a mile? Aim to lose 10 pounds? Write down your goals—and the steps you'll take to get there.

### **Activity goal:**

---

---

### **Nutrition goal:**

---

---

### **Weight goal:**

---

---

## Develop “hand-eye coordination”

You can use your hand to estimate serving sizes. Here’s what to look for:

<b>Handful</b>	1-2 ounces
<b>Fist</b>	1 cup
<b>Palm</b>	3 ounces
<b>Thumb tip</b>	1 teaspoon
<b>Thumb</b>	1 ounce

Once you get a good idea of how big various servings are, you won’t need to keep checking.

## Tips for tracking

Here are some ideas for using the tracking pages that follow:

- **Be honest.** Remember, you’re not doing this to impress anyone. You’re trying to get an accurate view of your own choices.
- **Be complete.** Write down everything that goes in your mouth. (The times you DON’T want to fill in your tracker are the most important.)
- **Be personal.** If you like, use the spaces to write down your thoughts, moods, and feelings about activity and eating. You might get interesting insights into the reasons behind your habits.
- **Be strategic.** From time to time, use your tracker to see if you can detect patterns in the choices you’re making day to day. What strategies can you devise to encourage better habits for yourself?
- **Weigh yourself.** Step on the scale every week—and use the chart in the back of this book to track your progress.
- **Revisit your goals.** Keep your eyes on the prize—and keep at it. Day by day, you CAN improve your habits...and your health.

## Counting fiber

Good sources of fiber include fruits, vegetables, legumes, and nuts. Use the table below to estimate grams.

How much fiber do you need?

women age 50 and younger	25 g
women age 51 and older	21 g
men age 50 and younger	38 g
men age 51 and older	30 g

Food Item	Fiber (grams)	Food Item	Fiber (grams)
<b>Fruits</b>			
Avocado (1 medium)	8.5	Dates (3)	1.9
Apple, with skin	3.5	Apricot (3)	1.8
Raisins (¼ c)	3.1	Grapefruit (½ )	1.6
Raspberries (½ c)	3.1	Cantaloupe (1 c)	1.3
Pear, with skin	3.1	Pineapple (½ c)	1.1
Strawberries (1 c)	3.0	Honeydew (1 c)	1.0
Prunes (3)	3.0	Watermelon (1 c)	0.8
Apple, without skin	2.7		
Orange	2.6		
Banana	2.4		
Blueberries (½ c)	2.0		
Peach, with skin	1.9		

Food Item	Fiber (gm)	Food Item	Fiber (gm)	Food Item	Fiber (gm)
<b>Vegetables (½ c cooked)</b>		<b>Legumes</b>		<b>My Favorites</b>	
Peas	3.6	Baked beans (½ c)	8.9	Other good sources of fiber include whole grain foods. Read food labels for fiber grams per serving.	
Corn	2.9	Kidney beans, cooked (½ c)	6.6		
Potato (1 medium w/skin)	2.5	Navy beans, cooked (½ c)	6.0		
Carrots	2.3	Dried beans, cooked (½ c)	4.7		
Broccoli	2.2	Lentils, cooked (½ c)	3.7		
Spinach	2.1				
Zucchini	1.8	<b>Nuts</b>			
Sweet potatoes	1.7	Peanut butter (2 Tbsp)	1.9		
Green string beans	1.6	Peanuts (10 nuts)	1.4		
Squash, summer	1.4	Almonds (10 nuts)	1.1		
Cauliflower	1.1	Cashews (18 nuts)	1.1		
Asparagus	1.0	Filberts (10 nuts)	0.8		

Date: August 8(circle one) S M T W T F S

Meal	Foods	Fruits/Veg	Water	Activity
B	1 egg, 1 slice wheat toast with 1 tsp. butter	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<u>45 min.</u> minutes
	3/4 cup orange juice	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	
L	tossed green salad with 2 tbs. dressing, 1 apple	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<u>walking</u> type
S	granola bar, glass of milk	6-9 servings per day	<input checked="" type="checkbox"/> <input type="checkbox"/>	
D	salmon, 1/2 cup rice, 1/2 cup green beans,	26 grams	6-8	
	fruit salad	grams of fiber	8-ounce servings per day	

Date: \_\_\_\_\_

(circle one) S M T W T F S

Meal	Foods	Fruits/Veg	Water	Activity
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<u>minutes</u>
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<u>type</u>
		6-9 servings per day	6-8	
		grams of fiber	8-ounce servings per day	

Date: \_\_\_\_\_ (circle one) S M T W T F S

Meal	Foods	Fruits/Veg	Water	Activity
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<hr/> minutes <hr/> type
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	
		6-9 servings per day	6-8 8-ounce servings per day	
		grams of fiber		

Date: \_\_\_\_\_ (circle one) S M T W T F S

Meal	Foods	Fruits/Veg	Water	Activity
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<hr/> minutes <hr/> type
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	
		6-9 servings per day	6-8 8-ounce servings per day	
		grams of fiber		

Date: \_\_\_\_\_ (circle one) S M T W T F S

Meal	Foods	Fruits/Veg	Water	Activity
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<hr/> minutes <hr/> type
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	
		<b>6-9</b>	<input type="checkbox"/> <input type="checkbox"/>	
		servings per day	<b>6-8</b>	
			8-ounce servings per day	
		<hr/> grams of fiber		

Date: \_\_\_\_\_ (circle one) S M T W T F S

Meal	Foods	Fruits/Veg	Water	Activity
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<hr/> minutes <hr/> type
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	
		<b>6-9</b>	<input type="checkbox"/> <input type="checkbox"/>	
		servings per day	<b>6-8</b>	
			8-ounce servings per day	
		<hr/> grams of fiber		

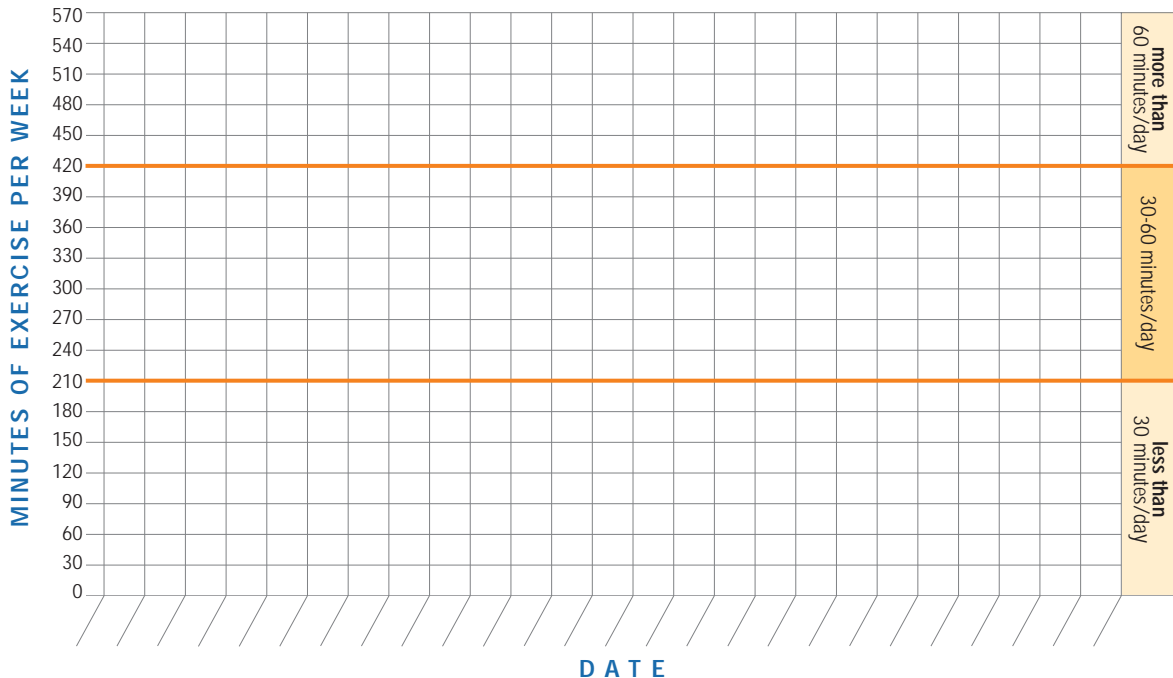






## Moving along

Are you getting enough exercise? Track the **total** number of minutes you spend exercising per week.







©2005, 2006 IHC Health Services, Inc. All rights reserved.

The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions or concerns. More health information is available at [intermountainhealthcare.org/weight](http://intermountainhealthcare.org/weight).

Clinical Education Services (801) 442-2963 IHCEDHH005 – 8/06