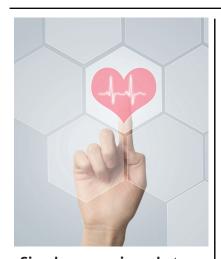**WYATT WEST, MD**

JOURNAL TO CHANGE BEHAVIOR

Simply measuring what you eat and how often/ much you exercise will change your behavior.

Changing our behaviors permanently is tremendously difficult. One of the most effective ways to accomplish this is to track what we do because it makes us accountable.

Starting a Weight Loss Journal

Your weight loss journal can be in a notebook, electronic document, or whatever works best for you. You should keep track of:

- Today's weight
- Your goal weight
- Your cumulative days of adherence to your exercise and diet goals

Your journal should look something like this:

Today's Weight:_____ Goal Weight:_____

Diet [   ]   Exercise [   ]

Track your weight

Weigh yourself daily at about the same time in about the same amount of clothing to give yourself the most accurate measurement of your progress. Then write it down in your journal.

Track calories in and calories out

- Get an App on your phone and write down EVERYTHING you eat.
- Record your exercise, how far, how much, how long.

- Most of these Apps are simple and free.

Lose It!

My Fitness Pal

Cumulative "Wins"

Each day you meet your goals for diet and exercise, give yourself a point. The first day of success should read, "**Diet [1] Exercise [1]**". The next day will read, "**Diet [2] Exercise [2]**", and so on. If you miss a day, you lose your point for that day.

For example, let's say you have met your diet and exercise goals for 9 consecutive days, **[9] - [9]**, then on day 10 you exercise but give into temptation and "stress eat" a donut. Your journal on day 10 would read, "**Diet [X] Exercise [10]**". Your next day of success will be **[10] - [11]**.

As you see your numbers climb from the 10s to the 100s, your confidence and motivation will increase. To create a permanent lifestyle change, journaling should continue for at least two years.

Remember: Accountability is the key to progression!

If you have any questions call (801) 773-4840

STARTER JOURNAL

Today's Weight:_____   Goal Weight:_____

                Diet [   ]   Exercise [   ]

Today's Weight:_____   Goal Weight:_____

                Diet [   ]   Exercise [   ]

Today's Weight:_____   Goal Weight:_____

                Diet [   ]   Exercise [   ]

Today's Weight:_____   Goal Weight:_____

                Diet [   ]   Exercise [   ]

Today's Weight:_____   Goal Weight:_____

                Diet [   ]   Exercise [   ]

Today's Weight:_____   Goal Weight:_____

                Diet [   ]   Exercise [   ]

Today's Weight:_____   Goal Weight:_____

                Diet [   ]   Exercise [   ]

Today's Weight:_____   Goal Weight:_____

                Diet [   ]   Exercise [   ]

Today's Weight:_____   Goal Weight:_____

                Diet [   ]   Exercise [   ]

Today's Weight:_____   Goal Weight:_____

                Diet [   ]   Exercise [   ]

Today's Weight:_____   Goal Weight:_____

                Diet [   ]   Exercise [   ]

Today's Weight:_____   Goal Weight:_____

                Diet [   ]   Exercise [   ]

Today's Weight:_____   Goal Weight:_____

                Diet [   ]   Exercise [   ]

Today's Weight:_____   Goal Weight:_____

                Diet [   ]   Exercise [   ]