

Daily Food Journal Instructions

Tracking your nutrition only takes a few extra minutes each day, but it does take discipline. Here are some basic tips to keep in mind:

- Choose a specific place to keep your journal and a consistent time(s) each day to log your results.
- Tell at least one person about your food journaling, and ask them to hold you accountable on a regular basis.
- After a week of journaling, take a look at your results and assess what you might want to change over the next week.
- To get ideas for improving your daily routine, check out our articles and videos on www.simplyslimliving.com.

Below is a sample food journal log filled out for a day in blue print to give you an idea of what yours might look like. You can put as much detail in your logs as you choose. Just know that the more accurate you are with your log, the easier it will be to identify patterns and changes you can make to improve your health.

Day/Date		Exercise	Total workout time		
Friday, July 31, 2009		Morning walk at park, stretches	45 minutes		
Time	Amount	Food	Supplements	Beverages	Water (oz.)
6:15am	6oz	Smoothie – whey protein powder, milk, berries			
8:30am		2 poached eggs, 1 piece toast with butter, 1 turkey sausage patty, half banana	Fish oil, multivitamin	8oz cranberry juice	8oz
11am	6oz	Rest of smoothie – whey protein powder, milk, berries			
1pm	Large	Chicken caesar salad – at restaurant; took off croutons			8oz
4pm	1 bar	Jay Robb protein bar			16oz
6pm.		Grilled salmon patty with steamed broccoli and brown rice			8oz
8:30pm	1 cup	Cookies n cream ice cream			
Comments – Need to drink more water, smoothie before walk was good– had more energy during walk, stomach unsettled before bed...maybe shouldn't eat sweets so close to bedtime					Total Water 40oz

Simply Slim **LIVING** Get slim. Be healthy. Live simply.