



### Weight loss goal setting...

is important to establish both a short-term and a long-term goal. Both goals should be realistic. A general rule is that you should lose no more than 1-2 pounds per week. Hence, setting an unrealistic goal could equate to setting yourself up for failure.

It is best to determine your long-term goal first. An example is "to be within your ideal body weight and body fat standard." Then, you can begin working toward your long-term goal backwards by setting your short-term goal next. For example, if your long-term goal is 6 months away, then you know you need to lose 30 pounds. Therefore, your short-term goal is to lose 5 pounds per month. Losing 30 pounds may seem like a lot, but if you lose 5 pounds per month for a six-month period, then your long-term goal will be accomplished.

**\*Just remember the combination of establishing healthy eating habits and moderate exercise into your daily life will help you accomplish your weight loss goal.**

### Tracking tips:

- Record ALL food and beverages.  
*(Hidden calories in beverages add up!)*
- Record the time of day for all meals and snacks.  
*(This will become more significant later on).*
- Record as soon as possible after eating.  
*(It is hard to remember at the end of the day).*
- Note portion sizes as honestly as possible.  
*(This will become easier with practice).*

### The Food Guide Pyramid Suggestions:



### The food guide pyramid...

is an outline of what to eat daily based on the Dietary Guidelines. This is not a prescription, but a general guide to help you choose healthier foods that are right for you. It gives you a variety of foods to get the nutrients that you need and the right amount of calories to help maintain a healthier weight.

### Self-monitoring...

is a simple tool that can be regarded as the initial step that you can take when changing food and exercise habits. It involves documenting your daily food intake and your daily exercise. Awareness is the key step to changing your habits. Your food and exercise patterns become clearer, as you write them down. Listed below are examples of patterns you may want to look for.

### Questions to consider:

- Do I do any strength training?
- How many days a week do I exercise & for how long?
- Do I go for long periods without exercising?
- Do I eat when I'm anxious or upset?
- Do I skip meals?
- How many calories do I really eat?
- How many servings of fruits & veggies do I actually consume?
- How much fat do I really eat?
- What portion sizes am I consuming?
- When is my first meal of the day?
- How much fiber do I really eat?

**AbsoluteFIT**  
Fitness & Weight Management

**Meal and Snack Tracker**

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Information contained in this brochure is not intended to be expert advice or to replace any nutritional instructions provided by your health care provider. This brochure is only intended to document your daily food choices and portions, so healthier eating habits can be formed.

Monday / /	Tuesday / /	Wednesday / /	Thursday / /	Friday / /	Saturday / /
Breakfast time ( : ) A / P	Breakfast time ( : ) A / P	Breakfast time ( : ) A / P	Breakfast time ( : ) A / P	Breakfast time ( : ) A / P	Breakfast time ( : ) A / P
Snack time ( : ) A / P	Snack time ( : ) A / P	Snack time ( : ) A / P	Snack time ( : ) A / P	Snack time ( : ) A / P	Snack time ( : ) A / P
Lunch time ( : ) A / P	Lunch time ( : ) A / P	Lunch time ( : ) A / P	Lunch time ( : ) A / P	Lunch time ( : ) A / P	Lunch time ( : ) A / P
Snack time ( : ) A / P	Snack time ( : ) A / P	Snack time ( : ) A / P	Snack time ( : ) A / P	Snack time ( : ) A / P	Snack time ( : ) A / P
Dinner time ( : ) A / P	Dinner time ( : ) A / P	Dinner time ( : ) A / P	Dinner time ( : ) A / P	Dinner time ( : ) A / P	Dinner time ( : ) A / P
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Cardio time: \_\_\_\_\_ mins

Workout time: \_\_\_\_\_ mins

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