



WELLNESS ACTIVITY

Discover the source of extra pounds

Use a food journal to help with weight management

Did you ever step on the scale and wonder, “How did that happen?” A food journal can help you uncover the answer.

With a food journal, you write down what you eat and drink each day. Everything is recorded, from meals to snacks and drinks. This helps with weight management by creating awareness of what you’re eating and why. Your journal entries can show patterns that reveal triggers (such as boredom or stress) that lead you to make unhealthy choices. Once you understand when you’re more likely to overeat or mindlessly reach for a snack, you can take steps to improve your eating habits.

Use a journal patterned on the one below to record your meals five days a week over the next few weeks. Then review the journal and create a plan for making healthier choices.



Date:		
Time of day	Food and amount	I felt:

Date:		
Time of day	Food and amount	I felt:

Date:		
Time of day	Food and amount	I felt:

Date:		
Time of day	Food and amount	I felt:

Date:		
Time of day	Food and amount	I felt:

Journaling tip

Don't be hard on yourself. The journal is a tool to help you develop healthy eating habits, not make you feel bad about yourself. Writing down what you eat helps show you where extra calories can sneak in. If you eat something and later wish you hadn't, acknowledge that slip-ups happen. Think about how to make healthier choices, such as by reducing portion sizes or saving some treats for special occasions. ♦