jimbrackin.com

Food Journal / Diet Diary

This weeks goal is

MON	TUE	WED	THURS	FRI	SAT	SUN

Time	Food / Beverage	Goal

Use this food journal, diet diary to focus on what you want because no diet, diets are successful because they train you to just change one small, little thing about your eating habits on a regular basis. It is the accumulation of these little things that over time amount to big and dramatic changes in your weight. Print it out, use it during the day and when it is full pop it into a binder.

Choose a goal from the list below and concentrate on it for the next week and watch the weight naturally tumble off.

GOAL 1 - Portion Size.
If your problem is portions: record the amount you eat and how much you could reduce it without feeling restricted.

GOAL 2 - A Healthier Diet
You will already know the foods you eat that you should avoid. So if you want to focus on a healthier diet record the food types you eat and more importantly what you could
easily replace them with to lose weight.

GOAL 3 - Reduce Habit Eating
Do you sometimes eat just because it is time to eat, irrespective of weather you are hungry or not? If so your problem is habit eating. Then record in your diet diary the time of day, where you are, with whom, and any activity that triggers the habit.

GOAL 4 - Stop Emotional Eating.
We all eat to make ourselves feel better, but for some this emotional high takes over. If your eating is emotional start to record your moods, emotions and feelings and how they
connect to your eating patterns.

To help you on your journey consider the No Diet Diet - available from www.jimbrackin.com/no_diet_weight_loss