

Dear Reader,

Thank you for reading my blog, Hevil's Healthy Devil. You have downloaded the Food and Exercise Diary. Congratulations on taking your first step to becoming a healthier you.

Tracking what you eat and exercising is important when it comes to being healthy. Have you mindlessly eaten in front of the TV or while working? Those calories can add up. Add in the fact that you are not exercising during that time and you have a recipe for weight gain.

On the second page is the Food and Exercise Diary. One page accounts for one day. If you are just beginning to track your food intake and exercise, I suggest you track what you normally eat and exercise for one week. If you want, you can also write your mood during that time. Some people eat when they are stressed.

After one week, read over what you ate and see any adjustments you can make. Do you eat while you are stressed? Go for a walk instead. Walking can help clear your mind. Are you eating because you are bored? Get busy with doing something. Change those little habits so that calories do not add up. Do you eat white rice or white bread? Try switching to brown rice and 100% Whole Grain Bread. It is those simple changes that can help improve your health. And, don't forget your portions. If you notice that you are eating two portions of something, try eating just one portion and see how you feel. Try eating slower. It takes the brain 20 minutes to register that you are full.

Here are a few tips when tracking:

- Remember to write the name of the food, the amount you ate (ex. 1 cup), at what time you ate the food (ex. 8 am), and the amount of calories consumed.
- Remember to track your water intake. Have a labeled water bottle if that is easier for you. 8 ounces is equal to 1 cup of water. [Water intake varies from person to person.](#)
- Remember to write how you are feeling when you eat. Also, write how you are feeling overall throughout the day. It can really make a difference.

Once again, congratulations on taking your first step. I wish you luck on your journey into becoming a healthier you. Feel free to send me an email at hevilshhealthydevil@gmail.com if you have any questions.

Sincerely,

Helen

Food and Exercise Diary

Total Caloric Intake for (Date): _____ Calories:

Breakfast

Time: _____

| Food Item | Calories |
|-----------|----------|
| | |
| | |
| | |
| | |

Total Calories: _____

Lunch

Time: _____

| Food Item | Calories |
|-----------|----------|
| | |
| | |
| | |
| | |

Total Calories: _____

Dinner

Time: _____

| Food Item | Calories |
|-----------|----------|
| | |
| | |
| | |
| | |

Total Calories: _____

Snacks

Time: _____

| Food Item/Time | Calories |
|----------------|----------|
| | |
| | |
| | |
| | |

Total Calories: _____

Exercise

Water (In cups)

