

A Toolkit for **Healthy** Girls & Strong Women

MY JOURNAL: BODYWORKS

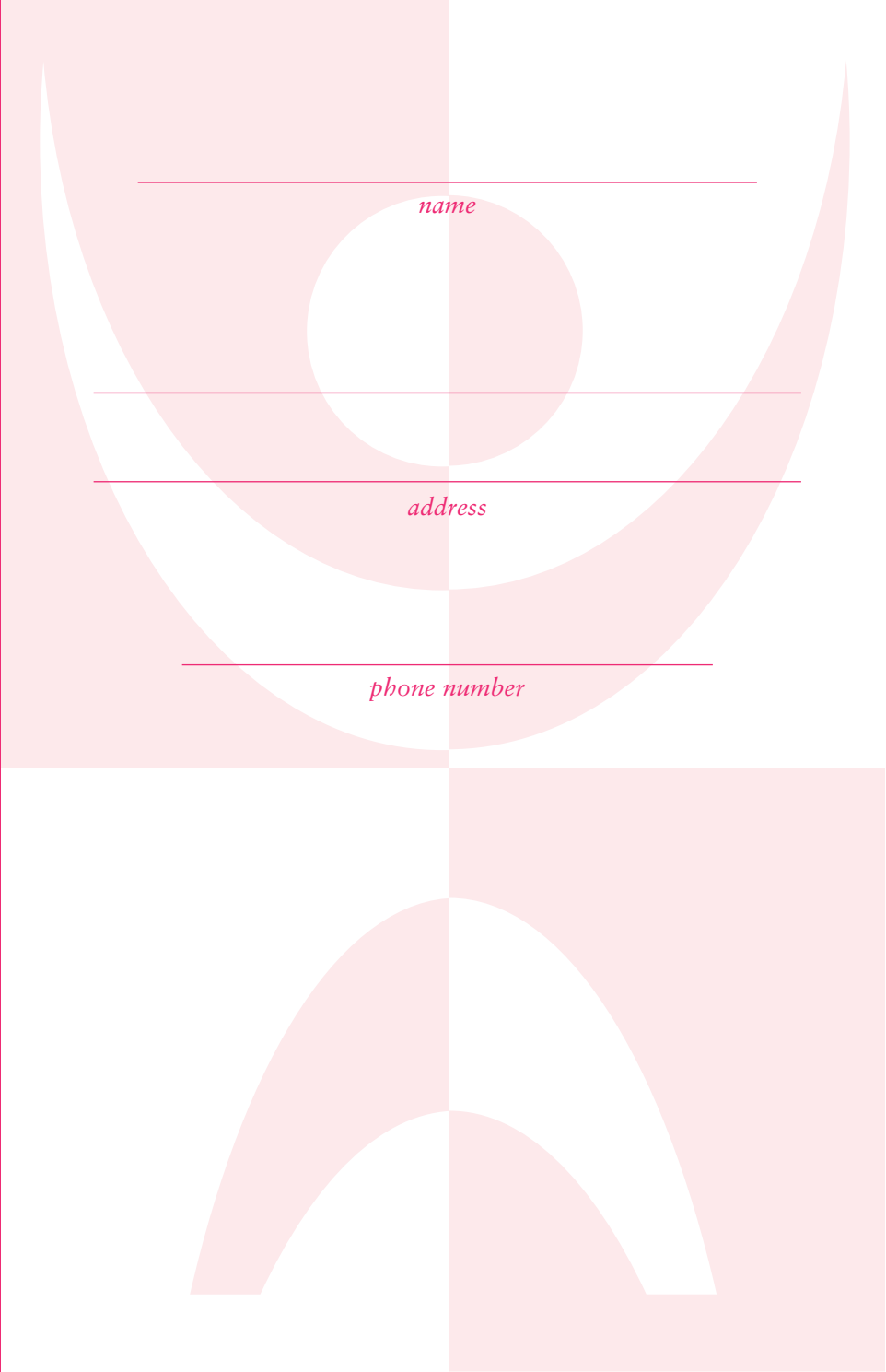
FOOD AND FITNESS DIARY 4TEENS



U.S. Department of Health and Human Services
Office on Women's Health



www.womenshealth.gov
800-994-WOMAN (9662)
TDD: 888-220-5446



name

address

phone number

USING YOUR DIARY

Writing in a food and fitness diary is a good way to understand your current habits, identify areas for improvement, and recognize the progress you make.

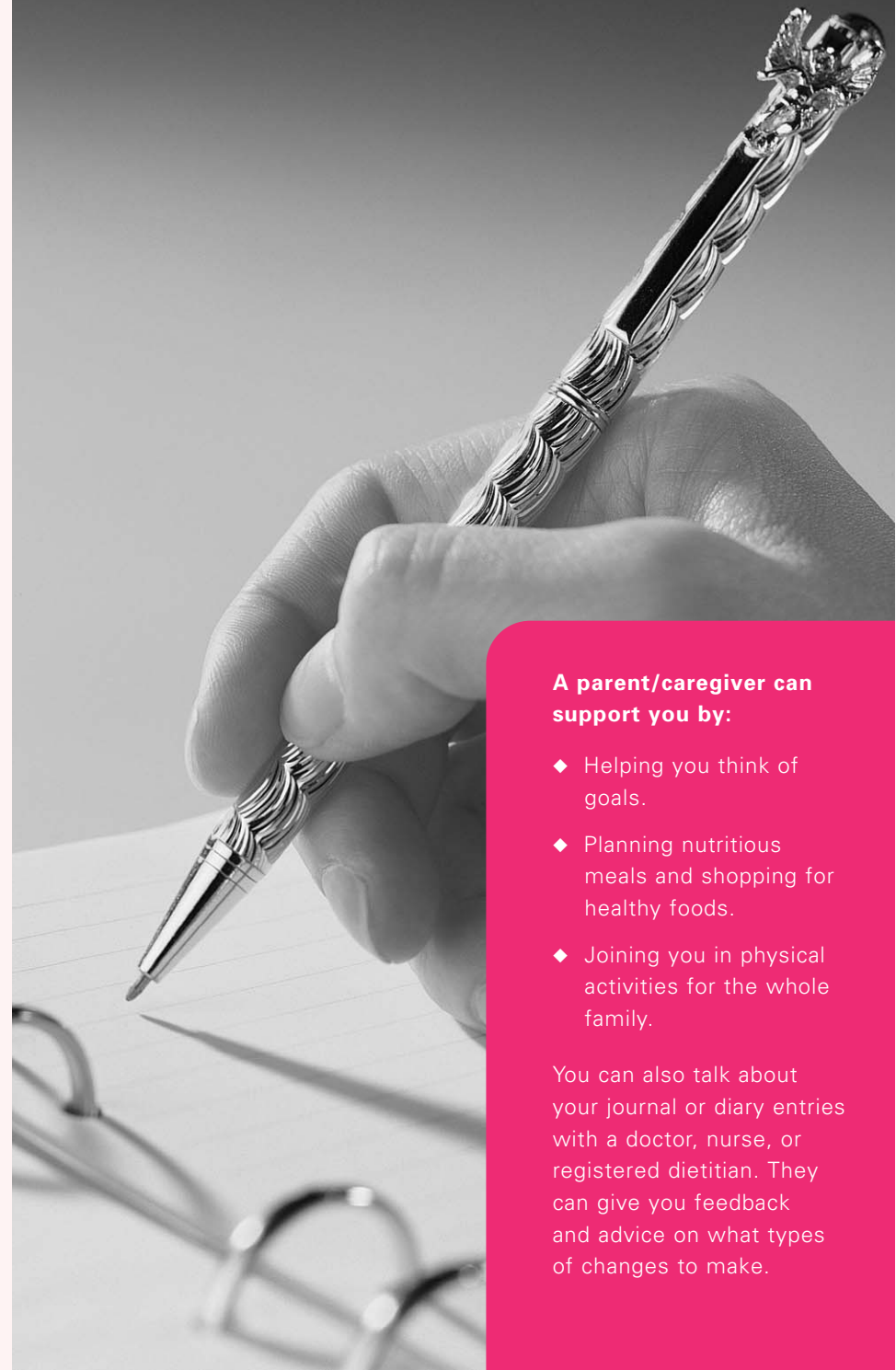
How to use your journal

- 1** Write in your journal right after you eat or finish a physical activity. Carry your journal with you throughout the day.
- 2** Be honest. Write down everything you eat, even one cookie.
- 3** Include drinks.
- 4** Write down how you are feeling. It can help you figure out if you are eating because you are hungry or for other reasons.
- 5** Review your journal at the end of each week.

A parent/caregiver can support you by:

- ◆ Helping you think of goals.
- ◆ Planning nutritious meals and shopping for healthy foods.
- ◆ Joining you in physical activities for the whole family.

You can also talk about your journal or diary entries with a doctor, nurse, or registered dietitian. They can give you feedback and advice on what types of changes to make.



	Sunday	Monday	Tuesday
Breakfast			
	mood	mood	mood
Lunch			
	mood	mood	mood
Dinner			
	mood	mood	mood
Snacks			
	mood	mood	mood
Exercise (type & amount of time)			

Wednesday	Thursday	Friday	Saturday
mood	mood	mood	mood
mood	mood	mood	mood
mood	mood	mood	mood

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1

*Decide
to live a
healthy
lifestyle*

2

*See where
you are
now*

3

*Understand
healthy eating*

4

*Recognize the
benefits of
physical activity*

5

*Set goals
and plan*

6

*Shop, cook,
eat together*

7

*Support a
healthy lifestyle
for your family*

