



## KEEPING TRACK TO BUILD HEALTHY HABITS

Keeping track of what you eat and drink and how much exercise you get is one of the **STRONGEST** predictors of successful weight loss. You can track with an app on your phone, through a website or use a simple paper tracker.

What tracking does:

1. Increases knowledge of portion size and calories
2. Provides accountability / keeps you honest with yourself
3. Shows your progress – provides motivation to stay focused on your goals
4. Increases understanding of when and why you might go off track
5. Promotes consistency in forming healthy diet and exercise habits that will stick

### Keys to successful tracking:

- **Be accurate** – use measuring cups, buy an inexpensive food scale, or portion size estimates.

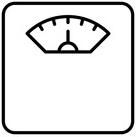


- **Be complete** – track everything as you eat rather than relying on memory.
- **Be real** – tracking everything accurately allows you to see helpful and harmful patterns.
- **Be consistent** – track as regularly as possible. Right after a snack or meal is the best time for the most accuracy and for maximizing lessons learned to form new habits.

*Aim for consistency and routine. If you get off track, get right back on track at the next meal – don't give up or over-compensate.*

## Self-Monitoring

### Regular self-weighing



- Weigh yourself at least weekly and at the same time of day. Daily weighing can be helpful for some people.
- Helps you stay on target and understand normal fluctuations.
- Creates a connection between what you are eating, how much exercise you are getting and how that impacts your weight.



**Step tracking** using a Fit Bit, cell phone or other fitness watch



**Activity and nutrition apps** like MyNetDiary, MyFitnessPal or Lose It!  
(most have free subscriptions available)

- Paper Trackers and journals work too!



MyNetDiary is a recommended free nutrition, calorie, and activity tracker which can be accessed on the internet or as an app on your phone. This tracker allows you to record the calories you consume, the type and duration of exercise you do, your weight trends and several other health indicators. MyNetDiary is:

1. **User friendly** – Contains nutrition information on thousands of foods as well as a barcode scanner for packaged food.
2. **Detailed** – view calories, steps and physical activity all on one screen.
3. **Structured** – set personalized weight loss and weight maintenance goals.
4. **Easy** – enter exercise and steps manually or upgrade to a paid subscription and connect with your FitBit or smartwatch.

